



## Ringette Bag Essentials

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### **Required Equipment:**

- Helmet with ringette facemask
  - Ringette stick (recommended to have a backup stick with you)
  - Skates (recommended skate guards)
  - Shin pads, worn under the pants (or goalie pads)
  - Protective girdle with a 'cup' or a 'jill'
  - Gloves
  - Elbow pads
  - Jersey and practice pants
  - Neck guard
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### **COVID-19 Additions:**

- Personal Protective Mask
- Latex (or equivalent) disposable gloves
- Hand Sanitizer
- Personal Water bottle labelled with players first and last name
- Separate cloth bag to put helmet and gloves in after practice