

Hockey Game Day Bag Check

Run it the night before. Every time.

THE BAG CHECK

- Skates + blade guards
- Helmet w/ cage, strap checked
- Shoulder pads
- Elbow pads
- Gloves
- Breezers
- Shin guards
- Hockey socks + tape/velcro
- Game jersey, right color
- Neck guard
- Cup / pelvic protector
- Base layers top + bottom
- Skate socks
- Mouthguard in case

SAVE-THE-GAME KIT

- Spare laces, right length
- Black tape + clear tape
- Backup mouthguard
- Second stick (or flex-check the first)
- Helmet screws / repair kit
- Small towel
- Water bottle, filled at home

PARENT KIT

- Layers (rinks are always 50°F)
- Bleacher blanket + warm drink
- Right rink address confirmed