

## GMHA Skill Development Program Equipment List

- ❖ C.S.A. approved helmet (with ear protectors)
- ❖ C.S.A. approved facial protector (full cage or full visor)
- ❖ B.N.Q. approved throat protector (collar or bib type)
- ❖ **Mouth guard.** The mouthguard is mandatory for all players.
- ❖ Athletic support cup (male) / Athletic Jill strap (female)
- ❖ Hockey pants
- ❖ Shoulder pads
- ❖ Elbow pads
- ❖ Garter belt
- ❖ Shin/knee pads / Shin pad tape
- ❖ Hockey gloves
- ❖ Hockey socks
- ❖ Skates
- ❖ Jersey
- ❖ Stick / Tape for stick

