

HOCKEY EQUIPMENT INSTRUCTIONS



Getting ready
-- Our players
and all their
equipment.



It's important
to put your
equipment on
in the order
illustrated
in these
step-by-step
instructions.

Ask us if you
have any
questions!



Step 1
Garter Belt



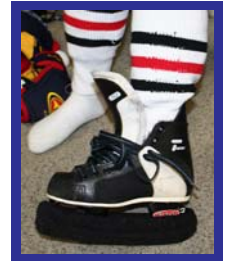
Step 2
Shin Guards



Step 3
Socks



Step 4
Pants
(with or
without
suspenders)



Step 5
Skates --
Loosen laces
fully & pull
out tongue...



... tie laces
all the way
to the top.



**Step 5
(Completed)
Skates on!**



**Step 6
Shoulder
Guards**



**Step 7
Elbow
Guards**



**Step 8
Jersey
(Roll up hem
in front of your
chest, grab with
both hands
& lift over head)**



**Step 9
Helmet**



**Step 10
Gloves**



Last Step -- Hockey Stick & A Great Attitude!

REMEMBER -- When removing your equipment, re-attach all velcro straps before storing them in your bag. And please launder your jersey and socks after each use.