THE PACKED PARENT

FIRST-YEAR HOCKEY PARENT CHECKLIST



Start with the essentials. Add extras as your family needs them.

Player: _____ **Team / season:** _____

01 ASK YOUR TEAM FIRST

- [ ] Get the required equipment list
- [ ] Confirm jersey and sock availability
- [ ] Ask about rentals, loans and swaps
- [ ] Confirm arrival and dressing-room rules
- [ ] Join the team app or update list
- [ ] Find a skate-sharpening service

02 PLAYING EQUIPMENT

Confirm with your program. Choose gear that fits now.

- [ ] CSA-certified helmet and full cage
- [ ] BNQ-certified neck / throat protector
- [ ] Shoulder pads
- [ ] Elbow pads
- [ ] Hockey gloves
- [ ] Hockey pants
- [ ] Jock or jill with protective cup
- [ ] Shin guards
- [ ] Hockey socks and jersey, if not supplied
- [ ] Skates
- [ ] Hockey stick
- [ ] Mouthguard, if required

03 HOCKEY BAG ESSENTIALS

- [ ] Manageable hockey bag
- [ ] Skate guards designed for walking
- [ ] Soakers for blade storage
- [ ] Labelled, leak-resistant water bottle
- [ ] Small towel for drying blades
- [ ] Equipment labels or permanent marker
- [ ] Hockey tape, if requested by coach

04 PARENT RINK KIT

- [ ] Warm layers and comfortable footwear
- [ ] Seat cushion or blanket
- [ ] Charged phone with team schedule
- [ ] After-practice snack

05 BEFORE EVERY PRACTICE

- [ ] Check all required gear is packed
- [ ] Fill the water bottle
- [ ] Pack walking guards and blade towel
- [ ] Confirm rink address and arrival time

06 AFTER EVERY PRACTICE

- [ ] Wipe blades dry; put on soakers
- [ ] Unpack and hang equipment to dry
- [ ] Wash base layers and socks
- [ ] Clean the water bottle
- [ ] Check whether skates need sharpening

07 OPTIONAL EXTRAS

Wait a few weeks to see what you actually use.

- [ ] Premium or wheeled bag
- [ ] Bag organizers or extra pouches
- [ ] Bag tag with minimal personal details
- [ ] Heated seat or other heated accessories
- [ ] Gear-drying rack

THE THREE BIG REMINDERS

Fit now. Avoid oversized gear bought to grow into.
Guards = walking. Soakers = storage. Always dry blades first.
Label gear without covering certification stickers. Air damp gear out after every skate.