THE PACKED PARENT

HOCKEY GEAR CARE CHECKLIST

Unpack. Clean by the care label. Dry completely. Repeat.

Player: _____ Gear drying spot: _____

01 AFTER EVERY ICE TIME

- ☐ Bring the bag inside
- ☐ Empty every pocket and compartment
- ☐ Separate base layers, socks & jerseys
- ☐ Wash clothing according to labels
- ☐ Hang or spread out protective gear
- ☐ Open skates, gloves & pants to air out
- ☐ Leave the bag unzipped to dry

02 SKATES & GLOVES

- ☐ Wipe skate blades dry
- ☐ Remove footbeds to air dry
- ☐ Loosen laces; pull tongues forward
- ☐ Open glove cuffs & spread fingers
- ☐ Let boots, footbeds & gloves dry fully
- ☐ Check glove care before washing
- ☐ Keep away from direct heat

03 REGULAR CLEANING

- ☐ Check each label / maker instructions
- ☐ Remove cup before washing jock / jill
- ☐ Wash removable liners if permitted
- ☐ Wipe helmet, cage / visor & chin cup*
- ☐ Wipe away soap residue; air dry
- ☐ Clean pads & pants as directed
- ☐ Dry liners & shells before reassembly

04 BAG & REPACK CHECK

- ☐ Shake out / vacuum loose debris
- ☐ Clean bag according to its care label
- ☐ Leave bag open until completely dry
- ☐ Check inside padding for damp spots
- ☐ Pack only fully dry gear & clothing
- ☐ Use bag for transport; unpack at home

CARE LABELS FIRST. AIRFLOW ALWAYS.

- ☐ Check before soaking, machine washing or tumble-drying any protective equipment.
- ☐ Use a ventilated drying spot; avoid heaters, radiators and other high-heat shortcuts.
- ☐ Use sprays only if approved for the gear. Follow directions; do not mix cleaners.

*Use a cloth dampened with mild soap and water, following helmet maker instructions.

MAKE IT A ROUTINE

Unpacking owner: _____ Next deeper clean: _____

Care notes: _____

The best first step is free: get everything out of the bag and give it room to dry.

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