

**Equipment Check List for Boys Youth Lacrosse**

- Lacrosse Stick (short, long or goalie)
- Helmet (must fit properly) - WHITE is the preferred color
- Mouth Piece (must be highly visible color)
- Shoulder Pads
- Arm-pads
- Gloves
- Cleats (lacrosse and football preferred but soccer are ok)
- Athletic Supporter
- Rib Pads (Optional)
- Water Bottle
- Bag/Backpack (recommended)