



TOURNAMENT ESSENTIALS CHECKLIST

Equipment:

- Hockey equipment (pads, helmet, skates, and gloves)
- Hockey stick and back-up sticks
- Make sure skates are sharpened
- Mouth guards, socks, wax, and water bottles
- Towel or rag to dry off skates

Clothing & Hotel Essentials:

- Uniform, clothes, socks, and undergarments
- Coats, sweaters, and blankets for chilly arenas
- Toothbrushes, deodorant, shampoo, and soap
- Swimsuits, towels, and flip flops
- First-aid kit, medication, and painkillers

Electronics & Free Time:

- Phones, cameras, laptops, GPS
- Charging cords, cables, and plugs
- Homework or other assignments
- Video games, board games, books, magazines
- Contact information for the coach and other parents

Sniper-Skin™

Change the way you play.

Food & Drink:

- Cooler with water, fruit, Gatorade, and other drinks
- Easy snacks like trail mix or granola bars
- Cash for any last-minute purchases
- Wish your future hockey pro good luck!