

//RINK

LTS CHECK LIST

EQUIPMENT:

- SKATES**
- HELMET WITH FULL CAGE**
- GLOVES**
- ADDITIONAL SAFETY EQP. OPTIONAL**

Please bring clothing warm enough for being on the ice and waterproof pants can be a great option for skaters. Knee and elbow pads are common but not needed. If a skater is hoping to move on to our Intro to Hockey program or joining minor hockey we recommend that you slowly add your regular hockey equipment over the course of several sessions instead of adding it all at once. Your coaches will be a great reference to ask during the program if they are ready to start adding some additional gear.



ADDITIONAL NOTES:

Before arriving please try on all equipment at home. Skates and helmets don't always fit properly, and those adjustments can help make your first session a success. If you need help with equipment please let us know as you come in. Skate sharpening is available on-site at Custom Edge (in The RINK Shop), and they can advise you if skates need to be sharpened and how frequently. To see Custom Edge's current hours, [CLICK HERE](#).