

# Hockey Gear

## *What to get and where to get it*

New to hockey and the long list of gear requirements? No worries. Basically, you want to look like this kid ([http://www.coyotesice.com/images/art\\_folder/hockey\\_equipment.jpg](http://www.coyotesice.com/images/art_folder/hockey_equipment.jpg)). Here are the details:

### What You Need

1. **Hockey Skates.** In terms of brands, CCM typically runs wide and Bauer generally runs narrow, but every brand is different. Remember to get your skates sharpened before you play. To break them in, you can have the store you buy them at "bake" them (check with the store to see if the brand you're getting can be baked – it doesn't work for all skates). And don't forget the **Skate Guards or Soakers** to protect your skates.
2. **Hockey bag.** Some have rollers, some don't. The backpack style can be quite useful.
3. **Shoulder Pads.** Bauer makes women's shoulder pads which are lighter and cut to fit women.
4. **Elbow Pads**
5. **Gloves**
6. **Hockey pants.** Bauer makes women's pants with a slightly different cut from men's pants.
7. **Helmet and Cage.** Make sure it's comfortable and has a full-face cage or shield for your face. If you're going to wear a bandanna underneath to catch sweat (it's often necessary), make sure you're wearing the bandanna when you try the helmets on.
8. **Garter belt / shorts with Velcro.** This will hold up your hockey socks
9. **Shin guards**
10. **Hockey stick.** See online guides below for sizing tips or ask at the store.
11. **Hockey tape.** White for stick handles. Black for stick blades. Clear for your socks.
12. **Water bottle**
13. **Mouthguard.** Required for players 19 and under. Recommended for everyone.
14. **1 Light & 1 Dark Jersey.** The NCWHL will supply 1 set of jerseys (1 dark & 1 light)\*, but you'll want something to wear for the first few sessions. There are two jersey cuts. You'll want skater cut, not goalie cut.
15. **1 Pair of Hockey Socks.** The league uniform also includes 1 set of socks (1 dark & 1 light)\*, but you'll want something to wear for the first few sessions.
16. **Screwdriver (optional).** Helps adjust your helmet
17. **Towel (optional).** To dry your skates so they don't rust.

\* **A note about the NCWHL Uniform.** All players new to the NCWHL must purchase home and away jerseys and socks. Cost of uniforms is approximately \$25 for socks and \$60 for a new set of jerseys, or \$30 for a used set (as available). Fees will be collected after placement in a division.

### Where to Go (Bay Area)

If you go to a good hockey shop, they should be able to help you find the right sizes of everything.

- **Hockey X-Sport Warehouse Superstore** - 210 Hegenberger Loop, Oakland, CA 94621. (510) 538-6004. Gives the NCWHL a 10% discount, so be sure to mention us. You might want to check out their beginner packages (half the price of buying everything separately)
- **East-West Hockey** - 990 Industrial Rd # 105, San Carlos, CA. (650) 592-3844.
- **Power Play Hockey** - 80 S Montgomery St, San Jose, CA. (408) 294-2995
- **Inline Sports** - 1180 Kern Ave, Sunnyvale, CA. (408) 735-7880. <http://www.inlinesports.com/>
- **Pro Shop at any rink**
  - **Logitech Ice San Jose** - [http://www.logitechice.com/pro\\_shop/](http://www.logitechice.com/pro_shop/)
  - **Sharks Ice Fremont** - [http://www.sharksiceatfremont.com/pro\\_shop/](http://www.sharksiceatfremont.com/pro_shop/)
- **Play It Again Sports**, <http://www.playitagainsports.com/> (several locations in the Bay Area) sometimes carries new & used equipment – best to call ahead to see if they have anything.

### Where to Go (Online)

Once you know what you need (and your size), why not try online?

- eBay
- Craigslist
- <http://www.hockeymonkey.com/>
- <http://www.hockeygiant.com>

### More Info

"eBay Hockey Guide" (<http://pages.ebay.com/buy/guides/ice-hockey-roller-hockey-buying-guide/>)

"Fitting and Selecting Hockey Protective Gear" ([http://www.epinions.com/content\\_3876495492](http://www.epinions.com/content_3876495492))

NCWHL League Policies and Rules (<http://www.ncwhl.com/league/rules.html>)