

Don't forget all the gear you need!

HELMET

- Helmet *(size guides online)*
- Face mask for helmet
- Helmet pump
- Hard cup chin strap for helmet
- Chin shield for hard cup chin strap
- Eye shield for face mask
- Eye black stick or patches
- Mouth guards

SHOULDER PADS

- Shoulder pads *(size guides online)*
- Butterfly restrictor
- Neck roll
- Back plate *(added lower back protection)*
- Sternum plate *(added protection to chest area)*
- Rib protector *(wrap-around)*
- Lightweight rib vest
- Cowboy collar
- Shoulder injury pad

ARM PADS

- Elbow pads
- Hand pads
- Forearm pads
- Neoprene elbow sleeves
- Elbow strips
- Wrist coach

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PERFORMANCE APPAREL

- Moisture management shirts for training and wearing under shoulder pads *(We suggest 2–3 shirts so you don't have to do laundry every night.)*

UNIFORM

- Practice pants
- Practice jersey *(We suggest 2–3 practice sets so you don't have to do laundry every night.)*
- Mesh shorts
- Game pants
- Belt for pants
- Athletic cup and supporter
- Socks *(We suggest 5 pairs so you don't have to do laundry every night.)*
- Wrist bands
- Water bottle
- Equipment bag

GIRDLE & PADS FOR FOOTBALL PANTS

- Girdle
- Hip pads
- Thigh pads
- Knee pads

GLOVES

- Gloves *(receiver or lineman)*
- Hand warmer
- Field towel

CLEATS

- Cleats
- Replacement cleats
- Cleat wrench
- Spat wrap
- Socks *(We suggest 5 pairs for a week of practice.)*
- Athletic tape
- Running/training shoes

FOOTBALLS

- Football
 - Pee Wee *(ages 9 and under)*
 - Junior *(normally ages 9–12)*
 - Youth *(normally ages 12–14)*
 - High School/College
- Hand ball pump

TRAINING EQUIPMENT

- Tackling dummy
- Agility ladder
- Power chute
- Cones
- Weighted football *(2 lbs./3 lbs.)*
- Medicine ball
- Resistance harness
- Step hurdles

NOTES