



## A Parent's Equipment Buying Guide for Beginning Lacrosse Players

Below are the items we require or recommend for our programs at Swax Lax Lacrosse. Please check with your local lacrosse program on their specific requirements, but this can serve as a guide of what your son or daughter will likely need for his/her first lacrosse camp or clinic.

### Girls Equipment List

#### Required Items

- Girls lacrosse stick — please select a beginner stick, but not a mini-stick or fiddlestick
- Sneakers or cleats
- Shin guards (for goalies at the youth and high school levels)
- Water bottle
- For 3rd graders and above
  - Mouthguard
  - Goggles

#### Optional Items

- Swax Lax lacrosse training balls (If joining a Swax Lax Lacrosse clinic or camp, a Swax Lax ball is included!)
- Cleats for grass fields
- Turf shoes for turf field
- Gloves
- Equipment bag
- Healthy snacks (nut-free)



## Boys Equipment List

### Required Items

- Boys lacrosse stick — please select a beginner stick, but not a mini-stick or fiddlestick
- Sneakers or cleats
- Water bottle
- For 3rd graders and above:
  - Mouthguard
  - Helmet
  - Gloves
  - Pads (shoulder, arm, rib, chest protector, leg protection)
  - Cup, highly recommended
  - Cup, required for goalies

### Optional Items

- Swax Lax lacrosse training ball (If joining a Swax Lax Lacrosse clinic or camp, a Swax Lax ball is included!)
- Cleats for grass fields
- Turf shoes for turf field
- Equipment bag
- Healthy snacks (nut-free)