

Getting Started Lacrosse Equipment List

Shoulder/Chest pads



Helmet

Must be NOCSAE approved.
Old hockey helmets don't qualify.
Your best bet is to initially buy one through the club. We get a good price and they are our club colors. Used helmets are acceptable.
Our helmet is navy blue with an athletic gold visor



Arm/Elbow guards



Gloves



Stick & Head

3-5 grade don't worry about specialty heads or stick alloy. Consider a good open face head such as the stick on the left for easy catching.

Mesh choices

Very Soft Mesh (almost cloth like) – do not buy this
Soft Mesh - is more forgiving to catch but slightly less accurate throwing than hard mesh. It has a shorter "break-in period"

Hard Mesh - is the preferred choice for skilled or older players. Once it is "broken in" it will be more accurate and not much more difficult to catch.



All Around



Aggressive Attack

Mouthguard – Must be a color. Can't be clear.



Rib pads

Not required equipment. Might be a good idea for older offensive players.



Protective Cup – highly recommended



Cleats

Soccer or Football cleats are fine.
NO METAL BASEBALL SPIKES.

