



North Vancouver Minor Hockey Association

2411 Mount Seymour Parkway
North Vancouver, BC V7H 2Y9

MANDATORY EQUIPMENT CHECKLIST

Skates	Do not buy oversized so that they can grow into them. Usually they fit ½ -1 ½ sizes smaller than shoe sizes, so that when standing up, with the skates fully tightened, the toes are almost or just touching the end of the boot.
Shin Pads	Should be long enough to cover from the top of the skate to two inches above the bottom of the shorts.
Hockey Pants	Should be long enough to overlap the shin pads by two inches and high enough for kidney protection, may be held up by a belt or suspenders.
Elbow Pads	Should be long enough to meet the shoulder pad and glove.
Shoulder Pads	When worn properly, the shoulder pad, elbow pad and glove form continuous protection.
Athletic Supporter	
Throat Protector	Must be BNQ certified (the logo will be visible).
Hockey Stick	Should come to your child's chin when wearing skates.
Hockey Gloves	
Helmet	With a full face mask and chin strap (CSA approved).
Hockey Socks	One pair of game socks is provided by NVMHA but a pair of practice socks is required.
Hockey Jersey	For practice.
Mouth Guard	Recommended but not mandatory.
Hockey Bag	

North Vancouver Sports Stores

Larry's Sports Shop	2029 Lonsdale Avenue NV	604-987-6630
North Shore Sport Swap (used)	2021 Old Dollarton Highway, NV	604-983-2272
Time Out Sports	235 Mountain Hwy (lower) NV	604-980-1851