



HOW TO CARE FOR YOUR HOCKEY EQUIPMENT

Below are some simple ways to care for your hockey equipment to prevent harmful bacteria and “rink stink”. Please check online for additional tips or contact an HHA volunteer listed below.

1. Wear a base layer

By adding a layer between you and your equipment for EVERY practice or game, you'll create a barrier that will help wick away moisture from you and your gear.

2. Air it out

After EVERY practice or game, dry your gear to prevent harmful bacteria growth and odors. As soon as possible, remove all equipment from your bag and leave it open in a warm, well-ventilated area so it dries thoroughly.

3. Machine wash

Yes, you can use the washing machine when needed for most items, including socks, jersey, breezers, elbow pads, shin guards, shoulder pads, and gloves (do not place gloves in dryer)

- Pre-soak gear with a cup of white vinegar for an hour
- Fasten Velcro closures, as they can snag and tear other materials
- Use the gentle wash cycle and warm water
- Use special detergent that won't damage your gear and is made especially for synthetic fabrics; DO NOT use bleach or detergents with bleach
- Once everything has been through the washer, you can put most gear in the dryer (not gloves) on low heat or air dry thoroughly. Check the manufacturer's label for instructions.

4. Protect your skates

- Wipe blades with a cloth after each use
- Use a soft guard to protect the blade in your hockey bag (do not store with hard guards)
- Use a hard guard to walk on surfaces other than ice and rubber mats
- For Mites: sharpen your skates every 3-4 weeks; more often, as needed

Questions about your HHA Mites equipment? Contact the following volunteers:

Adam Fink, Director of 8U, Mites, and Equipment
Cell: 320.444.5379

Amy DuFrene, Equipment Manager
Cell: 320.583.2444

Source: [Hockey Equipment Resource Center - How to Clean Hockey Equipment at Home | Pure Hockey](#)