

Skate Bag Check List

- ✓ Skates
- ✓ Cloth to wipe blades
- ✓ Skate guards for walking in skates
- ✓ Soft guards to protect blades
- ✓ Gloves
- ✓ Water bottle
- ✓ Running shoes
- ✓ Hair ties/clips
- ✓ Extra clothing (leggings, jacket, etc.)
- ✓ Healthy snacks

Extra items for Jr, Int & Sr:

- ✓ Music (2+ copies)
- ✓ Off-ice equipment (skipping rope, ballet slippers, yoga mat)
- ✓ Extra skate laces
- ✓ Screw driver for blades
- ✓ Band-Aids, gel pads, etc.

