

A Guide to Putting on Your Ringette Equipment

1



Base Layer
(Shirt and Tights)

2



Socks

3



Girdle

4



Shin Pads

5



Ringette Pants

6



Shoulder Pads

7



Neckguard

8



Elbow Pads

9



Jersey

10



Skates

11



Helmet

12



Gloves

Don't forget your **stick**  and **water bottle**  !