

# STEELERS

## Equipment Checklist

### PRACTICE

- Helmet with Mouthguard w/ Strap
- Shoulder Pads and Practice Jersey or Tshirt (over Pads) and Tshirt under shoulder pads
- Protective Cup
- Practice Pants with knee and thigh pads
- Girdle with hip / tailbone pads
- LARGE bottle of water
- Cleats and socks
- Sunscreen

### GAMES

- Helmet with Mouthguard w/ Strap
- Tshirt under Uniform (Black / White or Yellow)
- Shoulder Pads and Game Jersey  
(Black for Home Games / White for Away)
- Protective Cup
- Game Pants with knee and thigh pads  
(Black or Black/Gold game pants decided by coach)
- Girdle with hip / tailbone pads
- Cleats and black game socks
- For Warm Weather - Sunscreen
- For Cold Weather, Black, White, Yellow Long sleeve Shirt

ALL EQUIPMENT IS MANDATORY TO PRACTICE OR PLAY GAMES, INCLUDING PROTECTIVE CUP  
GIVE ANY MEDICATIONS, INHALERS, EPI PENS, OR NECESSARY ITEMS TO COACH.