

My Meet Checklist

☐

Skates with soft & hard guards

Check blades to make sure they are sharp!

☐

Helmet

Speed skate, hockey, ski helmets. No bike helmet

☐

Skin Suit/Racing Outfit

Ages 11+ must wear full Kevlar suit for MB Cup competitions

☐

Safety Glasses: Shatter-Proof

*With strap

☐

Gloves: Cut-Proof

NO baseball, golf, or thin leather gloves

☐

Neckguard: Cut-Proof

NEW requirement even if you have Kevlar suit

☐

Socks: Cut-Proof

NEW requirement even if you have Kevlar suit

☐

Shin Pads + Knee Pads

NOT required if you have skin suit with built-in padding

☐

Running Shoes

It's no fun doing warm-up in winter boots :(

☐

Under Skin Suit Clothes

Optional

☐

Sweatshirt for warmup

Keep muscles warm before your race!

☐

Skate blade cleaning towel

Dry blades immediately after every race!

☐

Water Bottle

Hydrate, hydrate, hydrate!

☐

Healthy snacks

Fruit, granola bars, sandwich, yogurt - light snack btw races