

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