

LACROSSE CHECKLIST



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| <input type="checkbox"/> STICK | <input type="checkbox"/> GLOVES |
| <input type="checkbox"/> HELMET WITH CAGE | <input type="checkbox"/> SLASH CUFF (OPTIONAL) |
| <input type="checkbox"/> BALL
(WHITE OR COLOURED) | <input type="checkbox"/> JOCK/JILL |
| <input type="checkbox"/> MOUTH GUARD | <input type="checkbox"/> KNEE PADS |
| <input type="checkbox"/> SHOULDER PADS | <input type="checkbox"/> BASKETBALL OR
COURT SHOES |
| <input type="checkbox"/> BICEP GUARD | <input type="checkbox"/> WATERBOTTLE |
| <input type="checkbox"/> ARM GUARD | <input type="checkbox"/> BAG |
| <input type="checkbox"/> KIDNEY OR RIB GUARD | |