

# YOUTH SOCCER CHECKLIST



## APPAREL

- |   |  |
|---|--|
| <input type="checkbox"/> Soccer Shirt             | <input type="checkbox"/> Soccer Shorts                         |
| <input type="checkbox"/> Soccer Socks             | <input type="checkbox"/> Long-Sleeve Shirt                     |
| <input type="checkbox"/> Warm-Up Pants            | <input type="checkbox"/> Rain Jacket                           |
| <input type="checkbox"/> Cold-weather Compression | <input type="checkbox"/> Extra Shirt, Pair of Shorts and Socks |

## SHOES

- |   |  |
|---|--|
| <input type="checkbox"/> Soccer Cleats      | <input type="checkbox"/> Indoor Soccer Shoes   |
| <input type="checkbox"/> Slides/ Flip flops | <input type="checkbox"/> Insoles ( if needed ) |

## EQUIPMENT

- |  |   |
|--|---|
| <input type="checkbox"/> Water Bottles                           | <input type="checkbox"/> Soccer Bag                               |
| <input type="checkbox"/> Soccer Ball (Sized for your age group ) | <input type="checkbox"/> Shin Guards                              |
| <input type="checkbox"/> Shin Guard Sleeves/Tape/Straps          | <input type="checkbox"/> Keepers: Goalie Gloves, Pants and Shirts |

## INSIDE THE SOCCER BAG

- |  |                                    |
|--|------------------------------------|
| <input type="checkbox"/> Emergency Contact Information | <input type="checkbox"/> Sunscreen |
|--|------------------------------------|

- ☐ Lip Balm
- ☐ Knee/Elbow Bandages
- ☐ Bug Spray
- ☐ Extra Hair Tier/Headbands
- ☐ Popsicle Sticks
- ☐ Small Bag/Pouch
- ☐ EpiPen, Inhaler, etc. ( if needed )

- ☐ First-Aid-Kit
- ☐ Bug Bite/String Aid
- ☐ Small Ball Pump
- ☐ Small Towel
- ☐ 2+ Trash bags
- ☐ Protein Bars or Other Healthy Snacks

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