YOUTH SOCCER CHECKLIST



APPAREL

- [ ] Soccer Shirt
- [ ] Soccer Shorts
- [ ] Soccer Socks
- [ ] Long-Sleeve Shirt
- [ ] Warm-Up Pants
- [ ] Rain Jacket
- [ ] Cold-weather Compression
- [ ] Extra Shirt,Pair of Shorts and Socks

SHOES

- [ ] Soccer Cleats
- [ ] Indoor Soccer Shoes
- [ ] Slides/ Flip flops
- [ ] Insoles (if needed)

EQUIPMENT

- [ ] Water Bottles
- [ ] Soccer Bag
- [ ] Soccer Ball (Sized for your age group)
- [ ] Shin Guards
- [ ] Shin Guard Sleeves/Tape/Straps
- [ ] Keepers: Goalie Gloves, Pants and Shirts

INSIDE THE SOCCER BAG

- [ ] Emergency Contact Information
- [ ] 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 ags
- [ ] Protein Bars or Other Healthy Snacks

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