

### **Equipment required to play lacrosse:**

Lacrosse helmet (helmet must meet NOCSAE standards and have attached chin strap), shoulder pads, elbow/arm pads, gloves, stick, mouth guard and cup. Rib pads are optional. All players are responsible for providing their own equipment. Additional goalie equipment includes throat protector, chest protection, shin guards (optional) and protective pants (optional). Elmhurst Lacrosse will provide the goalie throat protector and chest protector for every team. Elmhurst Lacrosse will also provide goalie shin guards and protective pants for all U9 and U11 teams.

Please visit the US Lacrosse webpage for more detailed information on equipment:  
[www.uslacrosse.org](http://www.uslacrosse.org)

### **Where to buy lacrosse equipment:**

A lot of sporting goods stores carry lacrosse equipment including [Dick's Sporting Goods](#), [Sports Authority](#) and [Play It Again Sports](#). Additionally, there are a lot of good websites that specialize in lacrosse equipment. These sites are listed below:

[Lacrosse Monkey](#),  
[Lacrosse World](#)  
[The Lax Shop](#)  
[Lax.com](#)

### **Where to rent lacrosse equipment:**

If your son is new to the game and you aren't ready to invest in equipment, you may consider renting equipment. Elmhurst Lacrosse does NOT rent equipment. However it is available through True Lacrosse, which is located in Elmhurst. Typically equipment for the spring season costs between \$60 and \$80 depending on the package you choose. Please visit the True Lacrosse equipment page, which can be found on the Illinois site, under About Us, under Equipment: [www.truelacrosse.com](http://www.truelacrosse.com). All questions regarding renting equipment should be directed to True Lacrosse.

### **Stringing and the pocket: How important is it?**

You may purchase a stick pre-strung or without strings. It's important, especially for new players, to form an appropriate pocket. The following page, "[The Search for the Perfect Pocket](#)", is a great starting point.

Also, several of our enterprising young lacrosse players have stringing services as well as advice for parents and players of all ages. Their contact information is below:

Jack Mathews – [Jack's Lax](#), [jackslox1@gmail.com](mailto:jackslox1@gmail.com)  
Holt Puckett – [holtpuckett@gmail.com](mailto:holtpuckett@gmail.com),  
<http://thelaxrats.wix.com/lax-stringing>  
Charlie Rodgers – [charliewrogers1@comcast.net](mailto:charliewrogers1@comcast.net)

**How to clean equipment:**

You can wash shoulder pads and arm guards in a delicate cycle; helmet and gloves can be sprayed with Febreze or Lysol; DO NOT WASH GLOVES, THEY WILL FALL APART.