

## **Lacrosse Attire and Equipment List**

### **Attire**

Dress for the weather. This may mean shorts one weekend and sweat pants and gloves for the next weekend.

### **Equipment**

The players require the following equipment:

#### **Boys:**

1. Water
2. Mouth Guard
3. Helmet
4. Shoulder Pads
5. Arm Pads
6. Gloves
7. Stick
8. Athletic shoes (cleats optional)

#### **Girls**

1. Water
2. Mouth Guard
3. Goggles
4. Athletic shoes (cleats optional)
5. Sport Gloves (Gloves are optional for the girls. Players may want to wear a thin cloth glove on cold days.)

ALC offers equipment scholarships. See the Financial Aid tab on the left side of the main page of the web site.