

Hockey Family Preseason Checklist

20 core items to handle before the season gets busy — the practical stuff hockey families forget once and never forget again.

Use this as the short starter list. On the website, each linked item can point families to a recommended option or supply category. Some links may be Amazon affiliate links that help support free ProspectPath tools at no extra cost to the buyer.

Before the first skate

- Get skates sharpened**
Do it before the first packed rink weekend.
- Check helmet expiration and fit**
Look at certification date, cage, chin strap, and missing hardware.
- Confirm required safety gear**
Neck guard, cup/jill, mouthguard, socks, and base layers.
- Restock tape, wax, laces, and water bottles**
The small stuff causes the most last-minute scrambles.

Emergency repair kit

- Hockey multi-tool or screwdriver**
For helmet screws, cages, holders, and quick bench fixes.
- Helmet screw / hardware kit**
Keep small parts in a labeled bag.
- Scissors**
Useful for tape, laces, labels, and emergency gear fixes.
- Skate stone**
Quick edge cleanup after stepping on metal or bad rubber.
- Spare laces and small hardware bag**
One snapped lace can derail warmups.

Backup gear bag

- Extra hockey socks**
For forgotten, ripped, or tournament back-to-back days.
- Extra neck guard**
Small enough to keep in the car or parent bag.
- Extra cup / jill shorts**
One of the most painful items to forget.
- Extra water bottle**
Label it and keep a backup ready.
- Backup base layer**
Helpful for cold rinks, sweat-soaked gear, or tournaments.

Medical and comfort

- Basic first-aid kit**
Bandages, wipes, blister care, and simple rink-side basics.
- Instant ice packs**
Easy to keep in the parent bag.
- Dental or braces wax**
Especially useful for players with braces or mouthguard issues.
- Hydration and quick snacks**
Keep simple, rink-friendly options ready for long days.

Travel / tournament add-on

- Disinfecting wipes**
For hotel rooms, locker areas, and parent survival.
- Laundry bag or gear hamper**
Keeps wet gear and hotel chaos under control.