

# The Ultimate Football



## GAME GEAR CHECKLIST FOR PLAYERS

### Must Have Game Gear

- Helmet
- Shoulder pads
- Practice/game jersey
- Game pants and/or football girdle & belt
- Cleats
- Mouthguard (bring an extra!)
- Gloves
- Socks

### Extras That Save the Day

- Towel
- Extra shirt & shorts
- Slides or recovery shoes
- Water bottle
- Electrolytes/snacks
- Tape, bands, or braces

#### Pro Mom Tip

Keep a **pre-packed gear bag** during the season. Refill it after every game so you're never scrambling again.

