

Lacrosse on-field equipment players will need:

Note - Sehome Lacrosse has a team account with SportStop and will occasionally do team bulk orders. Contact us for details on team discounts.

- **Lacrosse helmet with face mask** - White or Black - Cascade S and Cascade R are recommended and fit our helmet wraps. Please check if helmet wrap is available from Sehome Lacrosse before purchasing other models.
- **Mouth guard** - strap on mouth guard to connect to helmet face mask is not necessary but recommended.
- **Should pads/chest pad** -Warrior, STX, Brine, and Maverik are the most common brands. Chest pad for goalies.
- **Elbow pads** - size usually depends on position with defenders wearing smaller pads and attack larger. Warrior, STX, Brine, and Maverik are the most common brands.
- **Lacrosse gloves** - MUST be majority white or black. Warrior, STX, Brine, and Maverik are the most common brands.
- **Cleats** - Black or white are recommended. Lacrosse, football, or soccer cleats work. Majority of games and practice are on field turf but there may be grass fields on occasion.
- **Lacrosse stick** - Head and shaft often specific to position but does not need to be specific. Shaft MUST have an end cap. Defenders use long shafts (52"-72"), all other players use normal (usually 40"-42"). Warrior, STX, Brine, and Maverik are the most common brands
- Athletic cup optional - most players do not wear but that is your choice.

Dicks Sporting Goods at Bellis Fair Mall has some lacrosse gear but most players purchase items on-line.

Websites to view/purchase gear

<https://www.lax.com/>

<https://www.lacrossemonkey.com/>

<https://www.sportstop.com/>

<https://lacrosseunlimited.com/>

<https://www.dickssportinggoods.com/>

If players needs any equipment or if you have any questions about equipment please contact us at SehomeLacrosse.Info@gmail.com