**THE LAX BOX**

**PARTICIPANT CHECK-LIST**

GENERAL

* PLENTY OF WATER (AT LEAST 24 OZ)
* MOUTHGUARD
* INDOOR ATHLETIC SHOES OR TURF CLEATS

LACROSSE EQUIPMENT

* LACROSSE STICK
* NOCSAE CERTIFIED GOGGLES (GIRLS ONLY) OR HELMET (BOYS ONLY)
* GLOVES (GOALIES & BOYS ONLY)
* GOALIE GEAR (GOALIES ONLY)

IF YOU ARE RENTING EQUIPMENT FROM THE LAX BOX, PLEASE FILL OUT THE FORM HERE:

<https://forms.gle/HBuN9rQ56g8ZD97b6>