

■ Youth Football Equipment Checklist

Item	Quantity	Notes / Fit Tips	Status
Helmet (NOCSAE-certified)	1	Check for recertification label, ensure proper fit	■
Spare chinstrap	1	Backup in case the primary breaks	■
Shoulder pads	1	Cover collarbone, sit above biceps; snug straps	■
Mouthguard	1	Boil-and-bite for custom fit; attach to facemask	■
Compression/base layer shirt	1–2	Moisture-wicking; wear under pads	■
Girdle/padded compression shorts	1	Hip/thigh/tailbone protection	■
Game/practice pants	1–2	Should accept removable pads	■
Cleats	1 pair	Good fit; no heel slippage	■
Gloves	1 pair	Snug fit; tacky palms	■
Jock/athletic supporter	1	Comfort + protection	■
Socks	2–3 pairs	Mid-calf style often best	■
Small first-aid kit	1	Include tape, Band-Aids, antiseptic	■
Athletic towel	1	Wipe sweat, dry hands	■
Water bottle	1	Reusable and durable	■
Gear/equipment bag	1	Room for helmet, pads, extras	■

■ Shopping & Safety Tips

- Always check helmet recertification labels (must be <10 years old or reconditioned recently).
- Inspect pads and straps for cracks, missing parts, or compressed foam.
- Fit is more important than brand — bring your child to try on helmets, pads, and cleats.
- Buy mouthguards, socks, and girdles new for hygiene.
- Label all equipment with your child's name to avoid mix-ups.