

# HOW TO DRESS LIKE A HOCKEYPLAYER



## IJSHOCKEY CHECKLIST

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|------------------------|-----------------|--------------------------------|
| 1. HELM                | 6. SHIRT        | 11. TOCK                       |
| 2. BITJE               | 7. THERMOPAK    | 12. KOUSEN                     |
| 3. NEKBAND             | 8. BROEK        | 13. KNIE- EN SCHEENBESCHERMERS |
| 4. BODYPROTECTOR       | 9. HANDSCHOENEN | 14. IJSHOCKEYSCHAATSEN         |
| 5. ELLEBOOGBESCHERMING | 10. STICK       |                                |