**GVYL Equipment Suggestions**

**What you will need:** GIRLS lacrosse stick (no fiddle sticks or boys), SEI certified goggles, mouth guard

**Where to Buy:** Dick's Sporting Goods or Lacrosse Unlimited in Paoli

**Sticks**

These are a couple of sticks that are good for beginners. I do not suggest spending too much on a stick at this point as you don't know if they will continue with the sport. These sticks will be long! Don't worry, we measure and cut the sticks to length during the first couple of practices.

[Brine](https://www.dickssportinggoods.com/p/stringking-junior-womens-type-4-starter-lacrosse-stick-23sgkwwmnsstrtrjrlxs/23sgkwwmnsstrtrjrlxs?sku=24774272&camp=CSE:DSG_92700081618077067_pla_aud-1919227533336:pla-2407060201675_58700008710130992_71700000118653396&segment=&gad_source=1&gclid=Cj0KCQjw4cS-BhDGARIsABg4_J3_3yyMf3I5Ny19-dIOjEbo0jSCO68WR1Yx8ti7MujxQqkDBPgpY_AaAhuGEALw_wcB&gclsrc=aw.ds) - String King

[STX Crux 100 Starter Pack](https://www.dickssportinggoods.com/p/stx-girls-crux-100-lacrosse-starter-pack-16stxwcrx100strtrlxsx/16stxwcrx100strtrlxsx?color=Lizard%2FLizard)

[STX Crux 100 Starter Pack/backpack](https://www.dickssportinggoods.com/p/stx-girls-crux-100-lacrosse-starter-pack-24stxgcrx100strtrlxs/24stxgcrx100strtrlxs?color=White%2FBlue)

[Stx Crux 100](https://stx.com/products/crux-100-complete-stick?_pos=5&_sid=98e637a5e&_ss=r)

**Goggles**

Make sure they have a SEI certification on them. DO NOT buy used goggles. You may want to take your daughter to a store to try these on.

[STX 4 Sight](https://www.dickssportinggoods.com/p/stx-girls-4sight-lacrosse-goggles-18stxw4sghtsythgglxa/18stxw4sghtsythgglxa?recid=ProductDetail_PageElement_product_rr_1_67265_&rrec=true)

[STX Rookie](https://www.dickssportinggoods.com/p/stx-girls-rookie-s-lacrosse-goggles-18stxgrksythggglxlxa/18stxgrksythggglxlxa?color=Blush)

**Mouth guards**

Mouth guards are MANDATORY at every practice. Be sure to get one that is comfortable for your daughter and mold it prior to the first practice. Good brands: Shock Doctor and Goon Guards.