The Skate Bag

theskatebag.com

First Lesson Checklist

Wear

- [ ] Thin, snug layers (leggings or fitted pants, a light jacket)
- [ ] Thin skating tights or socks (thick socks make skates fit worse)
- [ ] Gloves or mittens
- [ ] Helmet, if your rink or program asks for one
- [ ] Hair pulled back

Bring

- [ ] Skates (or plan to rent at the rink)
- [ ] Hard guards for walking to the ice
- [ ] Soakers for after
- [ ] A towel to dry blades
- [ ] Water bottle
- [ ] Skate bag to carry it all

Before you go

- [ ] Register for the class and know the start time
- [ ] Arrive 15 to 20 minutes early to lace up
- [ ] Practice putting on guards at home
- [ ] Label everything with your name