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**TRAINER’s KIT**

Suggestions for your Trainer’s Kit include:

1. First Aid Kit
2. Hard Copies of all players and Team Officials Medical Information Sheets
3. EAPs
4.Scissors
5. Sharpening Stone
6. Small Repair Kit (Helmet and extra parts, chin strap etc.)
7. Tape (White, Black, and Clear)
8. Small clean towels
9. Ziploc bags (great of keeping ice, teeth, etc)- Note: small frozen towel in a Ziploc works great for wrapping around an injury.
10. Rubber gloves (non latex)
11. Extra mouth guard and neck guard
12.Pen,Markers(permanent and dry erase)
14.Extra Whistle

**For COVID Protocols: If needed**
15. Hand sanitizer
16. Extra masks stored in airtight plastic zip lock style baggie

**Any questions please contact me by email.**

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