

## **Training Staff Road and Game Day Supply Checklist**

### **Tape:**

- 2 boxes White 1.5 inch
- 10 rolls Pro-wrap
- 10 rolls 2 inch elastic
- 10 rolls 3 inch elastic
- Cover-roll/Hypafix
- Heel and Lace Pads (60 pre-made)

### **Tensors/Wraps/Bandages:**

- 6 – 6 inch tensors
- 6 – 3 inch tensors
- 4 Triangular Bandages
- Assorted Band-Aids
- Butterfly Closures/Steri-strips
- Gauze Pads (sterile and non-sterile)
- Second Skin
- Alcohol Swabs

### **Accessories:**

- 3 Bottles Tuff Skin
- Skin Lube – 1tube
- Saline Solution
- Peroxide
- Heat Balm
- Rubber Gloves – 15 pairs
- 1 Airway
- 1 Anaphylactic Kit
- Scissors- 1 steel and 3 black handle
- 4 Sharks
- 25 Ice Bags
- Ice Cooler
- Fanny Packs- 1 per trainer
- Ibuprofen
- Dextrose Tabs
- Water Bottles 12-16

### **Pads/Braces:**

- Ankle Braces- 1 steel, 1 cloth
- Spider Shoulder Pads (1)
- Zimmer Knee Splint (1)
- Crutches (1)
- Yellow Speed Splints (2)

**PACK ALL SUPPLIES THE NIGHT BEFORE ROAD TRIP AND  
HOME GAMES**