



TRAINER'S KIT

Suggestions for your Trainer's Kit include:

1. First Aid Kit – Scissors, gauze, medical gloves, Band-Aids, ice pack
2. Hard Copies of all players and Team Officials Medical Information Sheets
3. EAPs
4. Injury Log – with concussion risk on reverse
5. Injury reporting sheet for Hockey Canada
6. "Return to play" sheet
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. Sharpening Stone
11. Extra mouth guard and neck guard
12. Pen, Markers (permanent and dry erase)
14. Extra Whistle
15. Small Repair Kit (Phillips screwdriver, Helmet and extra parts, chin strap etc.)

Any questions please contact me by email.

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