

## What Do You Need In Your Coaching Travel Bag

*Note: This entire kit must be checked if you travel by air. Don't ask me how I know!*

### First Aid Kit

Band-aids  
Nail clippers  
Nail file  
Vaseline  
Ace bandage  
Ice packs  
Biofreeze  
Athletic tape  
Ibuprofen  
Acetaminophen  
Electrolyte packets  
Cold/ Flu Medicine with Sudafed  
Female Teams (need a designated player to be responsible for their needs)  
Triple Antibiotic Ointment  
Antacids  
Midol  
Imodium  
Contact solution (check with the team)

### Tool Kit

3M Electrical Tape  
Gorilla tape  
Super Glue (multiple one-use tubes)  
Multi-bit screwdriver

Small regular and Phillips head screwdrivers  
Extra broom head or parts  
End caps  
Alcohol wipes  
Small adjustable pliers  
Small needle nose pliers

### Miscellaneous

Shoelaces  
Safety pins  
Hair Ties  
Bobby Pins  
Extra stopwatch

### Coaching Stuff

Pens  
Notebook(s)  
Extension cord  
Chargers  
Tablet  
Camera  
Binoculars  
Brush Covers  
Silver Sharpies  
Black Sharpies  
Stress ball  
Water bottles  
Stopwatch and batteries  
Rechargeable Battery Pack