



GAME DAY / PRACTICE KIT



- Bottles of water
- Gatorade
- Fruit
- Nutrition bar
- Peanut butter sandwich/jelly/honey
- Raisins
- Trail mix
- Chocolate milk (post-game)
- Band-aids
- Ice pack
- Gauze
- Hand sanitizer
- Sweatproof sunscreen
- Bug repellent

- Anti-itch cream
- Antibiotic cream
- Towels
- Cooler with ice
- Wet wipes
- Bleacher cushions
- Collapsible scissors
- Plastic zip bags
- Small spray bottle with ice water
- Small umbrella
- Travel pack of facial tissue
- Dermoplast
- Change of clothes for your player