

## Maine Sports Massage Team

### Event Supply List

1. Massage table to work with athletes on.
2. Plastic table cover to protect table.

Optional: 4 plastic cups to protect table legs.

Tape or some other way to hold table cover in place.

3. Oil or lotion for post event massage.
4. Blanket for warmth of athlete.
5. Towels for draping.
6. Clorox wipes or like product to disinfect table cover.
7. Paper towels for drying wet surfaces and/or to use under athlete's face.
8. Small plastic shopping bag for disposables and trash.
9. Water or other fluid for your hydration.
10. Snacks for maintaining your energy.
11. Business cards.

These additional items can come in handy to keep and re-warm an athlete.

1. Space blanket.
2. Warm hat.
3. Mittens or gloves.
4. Heavy socks can be used as mittens.

All of the above should be thought of as disposable. You might not get them back.

Consider the weather....

Keep yourself comfortable, dress for the weather. Layer, layer, layer. Have a hat and gloves for yourself. Bring hot chocolate, tea or coffee in a thermos. Sunscreen and bug repellent.