







Equipment and Supply List 2023

Use this list to calculate your supplies cost for your discipline. Unused, non-disposable items should be collected at the end of the event and stored under lock and key to support future events. When filling this information out for future events, conduct an inventory to determine what items you will or will need to obtain for your next event. Contact [Strong Minds Practice Manager](#) for additional Guidance















Strong Minds

| Standard Supply/Item | Example Picture | Recommendations/ Comments | Quantity Advised | Available From | Estimated Cost |
|----------------------|-----------------|---------------------------|------------------|----------------|----------------|
|----------------------|-----------------|---------------------------|------------------|----------------|----------------|








Clinical Supplies

| | | | | | |
|---|---|---------------------------|---|--|--|
| Stress Balls |  | Stress & You Station | 1 per athlete | Source locally U.S. Kathy@csmproductions.com U.S. only https://app.smartsheet.com/b/form/d36042c785404d7e9a46c05735fa4136 | Source locally /U.S. PNF check availability, branded (\$.99) |
| Pinwheel |  | Strong Breathing Station | 1 per athlete | Source locally U.S. Kathy@csmproductions.com U.S. only https://app.smartsheet.com/b/form/d36042c785404d7e9a46c05735fa4136 | Source locally /U.S. PNF check availability (\$1.30 assembled & branded) |
| Wristband |  | Strong Supporting Station | 2 per athlete, recommended all athletes receive Brave , then chooses Kind or Strong to share with a friend | Source locally U.S. Kathy@csmproductions.com U.S. only https://app.smartsheet.com/b/form/d36042c785404d7e9a46c05735fa4136 | Source locally /U.S. PNF check availability, branded (\$0.32) |
| Yoga Mats |  | Strong Stretching Station | 5 to 10 | Source locally Amazon U.S. Kathy@csmproductions.com | Source local/online (e.g amazon) U.S. can use csm (\$12 branded) |
| Stretch Out Straps (avoid resistance bands) |  | Strong Stretching Station | 5 to 10 | Source locally Amazon U.S. Kathy@csmproductions.com | Source local/online (e.g amazon) U.S. can use csm (\$8) |
| Art Supplies (paper, markers, positive stickers) |  | Strong Messages Station | 2 per athlete 25 markers | local store/online (e.g amazon) | varies |




Signage & Station Supplies

| | | | | | |
|--|---|---|--|--|---------------------------------------|
| <p>Banners - Strong Minds</p> |  | <p>ensure proper branding (including program name and sponsors) - check with Strong Minds manager</p> | <p>2</p> | <p>horizontal banner available from SOI OR Local printing required Found in Branding Link on SOI Strong Minds Resources page</p> | <p>varies for location & type</p> |
| <p>Station Signs</p> |  | <p>required</p> | <p>1 sign per station</p> | <p>Station Signs</p> | <p>Print locally</p> |
| <p>Strong Minds Strategies</p> |  | <p>required</p> | <p>1 per athlete</p> | <p>Strategies</p> | <p>Print locally</p> |
| <p>Picture boards</p> |  | <p>required</p> | <p>10 masters</p> | <p>Picture Board</p> | <p>print locally</p> |
| <p>Calm Water Picture (example)</p> |  | <p>required</p> | <p>1</p> | <p>online (e.g amazon)</p> | <p>varies for location & type</p> |
| <p>Stormy Water Picture (example)</p> |  | <p>required</p> | <p>1</p> | <p>online (e.g amazon)</p> | <p>varies for location & type</p> |
| <p>Expandable Sphere</p> |  | <p>optional</p> | <p>1 master</p> | <p>online (e.g amazon)</p> | <p>varies for location & type</p> |
| <p>Strong Minds Activity Guide</p> |  | <p>optional</p> | <p>1 per athlete</p> | <p>Activity Guide</p> | <p>PNF/Print locally/csm (\$2.49)</p> |
| <p>Stretching Hand-out</p> |  | <p>required</p> | <p>2 masters</p> | <p>Stretching Hand-out</p> | <p>Print locally</p> |
| <p>Be-Kind Pledge</p> |  | <p>optional</p> | <p>1 per athlete or 1 banner</p> | <p>Be-Kind Pledge</p> | <p>Print locally</p> |
| <p>Coach Playbook</p> |  | <p>optional</p> | <p>1 per team</p> | <p>Coach Playbook</p> | <p>Print locally</p> |
| <p>Straight Back Chairs</p> |  | <p>need stable chairs for waiting area, check in/out and stations</p> | <p>35 per 80 athletes</p> | <p><i>Contact Health Program Manager to procure from venue</i></p> | |
| <p>Tables</p> |  | <p>Utilized for check in, check out, data review, stations amount may vary based on use of mat table availability</p> | <p>183cm (6ft) tables - 12 per 80 athletes</p> | <p><i>Contact Health Program Manager to procure from venue</i></p> | |
| <p>Table Cloths</p> |  | <p>used to cover tables in various tables at stations</p> | <p>based on table #</p> | <p>local store/online (e.g amazon)</p> | <p>varies</p> |

General Supplies

| | | | | | |
|---|---|---|---------------------------------|---------------------------------|--------|
| <i>red and blue pens (only needed if not using tablet)</i> |  | used to fill out forms (athletes and volunteers) | 24 | | |
| <i>clipboards (only needed if not using tablet)</i> | | for volunteers/athletes to complete HAS | 20 per 100 athletes | | |
| <i>stapler & staples / paper clips / post-it notes / paper (A4)</i> | | to compile all education material for athlete | 1 per education material | | |
| <i>tape (packing,masking, ducktape)</i> | | for hanging signs/packing boxes | 2 roll each | | |
| <i>heavy string or zip ties</i> | | for hanging signs | 1 roll / box | | |
| <i>scissors</i> | | cutting tape and prep of day and 1 for education section for theraband | 2 pair | | |
| Hand Sanitizer |  | help with hand hygiene between volunteers and athletes and between stations | 8 (at least 1 at each station) | local store/online (e.g amazon) | varies |
| Disinfectant Wipes |  | used to clean materials/equipments | 7 (1-2/station) | | |
| Trash Bags |  | clean up and for waste during screenings | 10 | | |
| Storage Box |  | Store Clinical Supplies/store and maintain forms for data collection | varies | | |
| Tissues / Paper towels |  | used to wipe possible spills | 1-2 per station | local store/online (e.g amazon) | varies |
| Gloves, non-latex, powder free small,medium,large |  | help with hand hygiene between volunteers and athletes and between stations | 1-2 per station of each size | local store/online (e.g amazon) | varies |
| Name Badges/Tags | to provide volunteers for day of operations | | 1 per volunteer | local store/online (e.g amazon) | varies |

Electrical Supplies

| | | | | | |
|--|---|---------------------------------------|---|----------------------------|---------------|
| <p>Electrical power cords</p> |  | <p>as needed for charging tablets</p> | <p>different sizes, with safety (orange) for outdoor use (depends on room layout) 4 x 3 meters / 10 ft and 4 x 5 meters / 16 feet</p> | <p>online (e.g amazon)</p> | <p>varies</p> |
| <p>Power strips with 4 to 6 grounded receptacles preferable with on-off switch</p> |  | <p>as needed for charging tablets</p> | <p>varies</p> | <p>online (e.g amazon)</p> | <p>varies</p> |
| <p>Athlete Educational Giveaway Items <i>These are examples. Work with local companies to see what you might be able to get donated.</i></p> | | | | | |
| <p>Drawstring bags, water bottles, pens</p> |  | | | | |