

# What to include in your sport team emergency kit

Jerseys? Check. Equipment? Check. Roster sheet? Check. Emergency kit? If it isn't a "check" on your list, it really should be! Whether it's a practice, game, tournament, or team meeting, you should always have a team-designated emergency kit in a known and easy-to-reach location.

In particular, consider the items on this checklist when developing a kit for your team. Drinking water and snacks are very important and should be sustainable for up to 72 hours.

When building an emergency kit, you'll also have to be aware of individual conditions and treatments. Make sure you:

- Establish food allergies when stocking your kit
- Know where a child's allergy medication is at all times and know how to administer it (ie: epi-pen, medication, equipment)

Finally, it's a good idea to encourage athletes to have a small kit of their own in their sports bags. This personal kit should include their favourite snacks, a flashlight, an activity to keep them occupied, and a comfort item such as a family photo or favourite toy. If individuals have these important items in their own bags, it'll make the team kit less heavy while ensuring each player has essential items on them.

If you have more questions about your team's emergency kit, be sure to ask us on Twitter at @epactnetwork! Learn more about ePACT at [www.epactnetwork.com](http://www.epactnetwork.com)

For more great resources from ePACT and ViaSport, visit: [viasport.ca/epact-toolkit](http://viasport.ca/epact-toolkit)



## Emergency kit checklist:

- Drinkable water
- Water purifier tablets
- Non-perishable snacks
- Mylar blankets
- First-aid kit
- Whistle
- Toiletries
- Lighter
- Hand crank radio
- Cellphone charger