

This checklist covers all of the equipment you will need for this season's matches and training sessions. We have added links to many of the products on this list to help you find exactly what you need.

MANAGERS MATCH AND TRAINING ESSENTIALS		PLAYERS	
IRA			Football kits
	Football kits		Football boots
	Goalkeeper gloves		Warm training wear
	Footballs - match & training		Base layers
	Ball pump & pressure gauge		Shin pads
	Ball carrier	\Box	Waterproofs
	Football nets		Spare trainers
	Net pegs & net hooks		Towel
	Mallet		Kit bag
	Water bottles & carrier		Water bottle
	Corner flags		
	Respect barrier		Snacks Match fees
	Mobile phone		Match lees
	Contact list	FIRS	ST AID KIT
	Contact list Whistle		ST AID KIT Big plasters
	Whistle		Big plasters
	Whistle Stop watch		Big plasters Elasticated bandages
	Whistle Stop watch Training bibs		Big plasters Elasticated bandages Large sterile dressing
	Whistle Stop watch Training bibs Markers & cones		Big plasters Elasticated bandages Large sterile dressing Waterproof dressing
	Whistle Stop watch Training bibs Markers & cones Note pad & pens		Big plasters Elasticated bandages Large sterile dressing Waterproof dressing Antiseptic wipes
	Whistle Stop watch Training bibs Markers & cones Note pad & pens Team sheet		Big plasters Elasticated bandages Large sterile dressing Waterproof dressing Antiseptic wipes Instant ice pack
	Whistle Stop watch Training bibs Markers & cones Note pad & pens Team sheet RAS		Big plasters Elasticated bandages Large sterile dressing Waterproof dressing Antiseptic wipes Instant ice pack Freeze spray
	Whistle Stop watch Training bibs Markers & cones Note pad & pens Team sheet RAS Tactics board & marker pens		Big plasters Elasticated bandages Large sterile dressing Waterproof dressing Antiseptic wipes Instant ice pack Freeze spray Heat spray
	Whistle Stop watch Training bibs Markers & cones Note pad & pens Team sheet RAS Tactics board & marker pens Stud spanner		Big plasters Elasticated bandages Large sterile dressing Waterproof dressing Antiseptic wipes Instant ice pack Freeze spray Heat spray Scissors