Westray Holland Inventory

First Aid (John Bringing)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Inhaler | 1 | Compeed | 20 | Rubber gloves | 4 |
| Cohesive bandages | 2 | Securing tape | 4 | Heat rub | 1 |
| Trauma dressing | 1 | Adhesive dressings | 10 | Large plasters | 10 |
| Tubular bandage | 2 | Cool strips | 2 | Eye wash | 4 |
| Small plasters | 20 | Burn dressing | 1 | Finger dressing | 1 |
| Eye dressing | 1 | Plaster strips | 3 | Sterile wipes | 6 |
| Scissors | 2 | Foil blanket | 12 | Defibrilator | 1 |
| Paracetamol | 36 | Ibuprofen | 36 |  |  |

Team Kit (John Bringing)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Spare GK pair gloves | 2 | Sunday shirts home | 16 | Sunday shirts away | 16 |
| Sunday GK top 1 | 1 | Sunday Shorts | 17 | Sunday socks pair | 17 |
| Match Balls | 4 | Big kit bags | 2 | Spare pads pair | 2 |
| Track pump | 1 | Needles | 4 | Bottle holder | 1 |
| Pens | 4 | Clipboard | 2 | Team sheets | 11 |
| Pennants | 10 |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |

John’s Personal kit

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Swimming trunks | 1 | towel | 2 | Swim towel | 1 |
| Boots pair SG/ pair HG | 2 | Mini cones set | 1 | Multi tool | 1 |
| Corkscrew/ opener | 1 | Charge cables | 3 | Camera | 1 |
| Recharge batteries set | 2 | Battery charger | 1 | Socket adaptor | 4 |
| Alarm clock | 1 | Power banks | 2 | Trainers pair | 2 |
| Jeans/ trackies | 4 | T Shirts | 6 | Slides pair | 1 |
| Red Wine | 4 | Cans for boat | 24 | Rain jackets | 2 |
|  |  |  |  |  |  |

Meals overview and proposal:

|  |  |  |  |
| --- | --- | --- | --- |
|  | Breakfast | Dinner | Tea |
| Thursday |  | Whitehills | on the boat (Sandwiches) |
| Friday | On the boat | In Chalets | Team meal |
| Saturday | Toast/ cereals | At venue  (Sandwiches) | Team meal |
| Sunday | Toast/ cereals | At venue  (Sandwiches) | Team meal |
| Monday | Toast/ cereals | on the coach (Sandwiches) | on the boat (Sandwiches) |

Recommended for players:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Home Shirt (blue) |  | Away Shirt (white) |  | Moulded sole boots |  |
| Screw in boots |  | Shinpads |  | Slides |  |
| Club Shorts |  | Club Socks |  | Club jumper |  |
| Club jacket |  | Trunks/ swim shorts |  | Towel | 2 |
| T shirts | 6 | Trackies/ jeans | 6 | Water/ drink bottle | 1 |
| Spending money for park |  | Spending money for venue |  | Trainers |  |