

# What's In Your Bag?\*

\*With apologies to CapitalOne

*IHONC General Session  
Training*

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# *eBags 29" Mother Lode*



# *Top Small Compartment*



## Things That Go On First

Underwear top

Underwear bottom

Socks

Wind pants

# *Top Main Compartment*



## Things That Go On Next

Cup

Girdle

Shin tights

Shin guards

Towel

Shower kit

Bag of extra whistles  
and tape

# *Bottom Compartment*



# *Bottom Compartment*



## Things That Go On Last

Skates

Elbow pads

Sweater

Referee bands

Helmet

Rule books

Shower sandals

Goodie Box

# *The Goodie Box*



# The Goodie Box



- USA Hockey card
- Riot pad
- Swiss Army knife
- Multi-tool
- Electrical tape
- Donut pad
- Black & white thread
- Needles
- Crests
- Screwdriver & socket
- Scissors
- Safety pins
- Sewing pins
- Contact lens cleaner
- Pens
- Skate stone
- Helmet & visor screws
- Adhesive wrap

# Shower kit



Contact lens solution

Extra contact lenses

Vaseline

Gauze wrap

Band-aids

Gauze pads

Ibuprofen

Anti-perspirant

Shampoo

Body spray

Soap

# *What's In Your Bag?*

