



BEST PRACTICES

... in Sport Health, Sport Safety & Sport Training

Basic Taping Kit*

10	alcohol swabs
10 rolls	athletic tape (1.5")
3 rolls	elastic tape (3")
3 rolls	elastic tape (4")
1	foam sheet (eg. Camping foam)
40	heel and lace pads
1	moleskin (25cm x 25cm)
2 rolls	pro-wrap
1	razor
1	skin lube (4 oz)
1	Tuf Skin (4 oz tape adherent)
1	tape cutter ("shark")
1 bottle	tape remover
1 pair	utility scissors
2	elastic wrap (7.5cm)
2	elastic wrap (10cm)

*Each kit should be specific to the sport and size of the team.