



Always Wear Clean Underwear

As kids we were constantly reminded about being prepared before we ventured out of the house.

Believe it or not, the same type of preparation needs to take place before you train in the classroom or OJT. With clean underwear as a given, here are some things you might consider stocking in a "Trainer's Survival Kit" that you take with you to every training:

- remote for computer with extra batteries
- extra flash drive
- magic markers/white board markers
- pens, pencils, highlighters
- name tent cards (6" x 8")
- duct tape, masking tape (some facilities just allow blue painter's tape)
- stapler & scissors
- stickie notes/ flags
- extension cord, 3 prong adapter
- evaluation & sign-in sheets
- camera (to capture those amazing learning moments!)
- first aid kit
- tissues
- coins for parking
- return labels/shipping box to return materials
- power snacks – your choice!
- breath mints or mini toothbrush
- pain reliever (for those trying moments!)
- comfy shoes
- needle and thread (yes, things do pop off or tear at the least opportune time!)

These are just some sample basics. What would you add to YOUR kit? Please let us know your favorites!

And remember: the key to a useful training kit is to replace an item you 'borrow' from it right away. You KNOW that will be the thing you desperately need at the next workshop! :-)

For more information on what to include in your survival kit, as well as checklists for dealing with facilities click [HERE](#) and check out our [Certified Training Coordinator's \(CTC\)](#) program.

Have fun getting prepared!

Team M&M

Maria Chilcote & Melissa Smith



The Training Clinic

We're all on this journey together!

The Training Clinic
thetrainingclinic.com
info@thetrainingclinic.com
800-937-4698

