



NSCA INSTRUCTOR'S TOOL KIT

RECOMMENDATIONS BY NSCA CHIEF INSTRUCTOR DON CURRIE

These are items that should be in an instructor's tool kit. All of them will fit in a small- to medium sized backpack.

Measuring tape
Rain suit
Golf cart keys (universal, 2 key types)
Shooting gloves
Laser range finder

First aid kit, small
Visual aid (mini target, other aid)
Gun oil
Rag / cleaning kit
Wad knocker

TOOL & GUN-FIT KIT:

Socket wrench w/ 13mm and 15mm deep socket
Multi tool (needle nose pliers, knife, etc.)
Washers (to increase pitch)
Moleskin (thick)
Beartooth comb riser
Butt pad / LOP extender
Spacers (fit inside butt pad extenders)
Electrical tape

Blue painters tape (1" - 2" width)
Screwdriver, Phillips (long shaft)
Screwdriver, Standard (long shaft)
Alan wrench kit (metric)
Alan wrench kit (SAE)
Micro Alan wrench (for adjustable triggers, K80 rib)
T15 star wrench, thin shaft (Beretta KickOff)

SAFETY & EYE KIT:

T-shaped eye dominance testing tool
Foam earplugs
Safety glasses
Moist glasses wipes (alcohol, anti-fog)
Microfiber glasses cloth

White board marker (black)
Magic dots (Morgan Optical)
ShotSpots (0.3/16mm, 0.6/16mm)
Small scissors