



## Massage Programs Required Supplies Checklist

All students will be required to purchase on their own, the following supplies:

- \_\_\_\_\_ 1. Two flat sheets: twin-size or full-size
- \_\_\_\_\_ 2. Six white bath towels (approximately 3 feet long - large enough to cover the breast area of a woman)
- \_\_\_\_\_ 3. Two hand towels
- \_\_\_\_\_ 4. One king-size pillow and pillow case
- \_\_\_\_\_ 5. Three pairs of full-length, tan/khaki or black scrub pants, MINIMUM (three Alpha t-shirts will be provided)
- \_\_\_\_\_ 6. Closed-toe, comfortable shoes with no heel
- \_\_\_\_\_ 7. One clipboard with a copy of the school's Student Handbook attached, paper, and writing instruments
- \_\_\_\_\_ 8. \*One lotion holster and bottle
- \_\_\_\_\_ 9. \*Nine linen face cradle covers
- \_\_\_\_\_ 10. \*One table bungee cord
- \_\_\_\_\_ 11. \*One set of pressure bars (one Index Knobber II and one Knobble II)
- \_\_\_\_\_ 12. \*One Alpha School of Massage name tag
- \_\_\_\_\_ 13. *Massage Therapy*, by Susan Salvo, 6th edition  
ISBN 9780323581288 Publisher: Evolve/Elsevier  
<https://evolve.elsevier.com/cs/product/9780323581288?role=student>  
Use promo code 70558
- \_\_\_\_\_ 14. *Trail Guide to the Body*, by Andrew Biel, Revised 5th Edition  
ISBN 9780982978658 Publisher: Books of Discovery <http://www.booksofdiscovery.com>

\*These items can be purchased from the school in a kit for \$63 (\$90 if bought separately, save \$27)

### **SUPPLIES MUST BE PURCHASED TO ATTEND CLASS**

**Make sure all your equipment has your name in permanent marker, large enough to be seen.**

Any clinical date that a student does not have all their required supplies (including pillows and appropriate attire) will be a failed clinical date. This includes regular student clinical practicum and internship.