



STEAM Lab Supply List

Science of Sports

Title

Science of Ice Packs

Subject

Chemistry
Sports Science

Learning Objective

Learn about endothermic reactions.
Explore how instant ice packs work.

Materials Needed

- Ice packs (2)
- Scissors
- Clear plastic cups (5)
- Thermometer
- Spoon
- Tap water (~1 cup)
- Graduated cylinder
- Balance
- Gloves
- Plastic table cover
- Worksheet
- Safety glasses

List is per student participating; Guardians or organizations should have supplies set up and available prior to the beginning of each session. Items can be sourced from local vendors e.g. Grocery Stores, Dollar Tree, Target, Walmart, etc. as well as from Amazon. The following additional items are recommended but not required: Goggles, plastic table covers and disposable gloves.

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