Lifeguard Deductions

Name:_____

NORKSHEET

1. Communication Expenses		4. Medical Supplies	
\$ <u> </u>	Cellular Phone purchase	\$Stethoscope	
\$ <u> </u>	Monthly cellular expenses	\$BP cuff	
	% used for Business	\$First aid kit	
\$ <u> </u>	Long distance/Toll calls	\$Trauma pack	
\$ <u> </u>	Answering machine	\$Pen lights	
\$ <u> </u>	Voice mail	\$Shears/scissors	
\$	Monthly internet expenses	\$Other:	
2. Job Supplies/Safety Equipment		5. Dues & Work Related Publications	
\$ <u> </u>	Strike Bag/Gear Bag/Backpack	\$Union dues	
\$ <u> </u>	Flashlight & batteries	\$Association/CSLSA/USLA dues	
\$ <u> </u>	Knife/Utility Tool	\$Medical reference books	
\$ <u> </u>	Camelback	\$Professional magazines/journals	
\$ <u> </u>	Binoculars	\$Other:	
\$ <u> </u>	Webbing/Repelling gear		
\$ <u> </u>	Helmet	6. Required Fitness	
\$ <u> </u>	Rain gear	\$ Gym dues	
\$ <u> </u>	Equipment Repairs/Maintenance	\$ Master's Swimming Fees	
\$ <u> </u>	Protective eye wear/sunglasses	\$ Dept.Logoed P/T Clothing	
\$ <u> </u>	Maps	\$Gym Shoes/Running Shoes	
\$ <u> </u>	Office supplies/Calendars	\$Lifting gloves	
\$ <u> </u>	Recorder & Tapes	\$Home gym set/weights	
\$ <u> </u>	Sunscreen	\$Weight belt	
\$ <u> </u>	Wetsuits	\$Swim suit/goggles/swim training equip	
\$ <u> </u>	Rash Guard	\$Cycling: bike/repairs/tuning	
\$ <u> </u>	Hand Protection/Gloves	\$Cycling: helmet/shoes	
\$ <u> </u>	Fins	\$Paddleboard/SurfboardPurchase	
\$ <u> </u>	Rescue Can/Buoy	\$Surf Ski/Outrigger Purchase	
	Radio/Radio Equipment		

3. Uniforms & Upkeep

- _____Shirts \$
- Pants \$
- \$____Board Shorts
- \$_____Sweatshirts
- Jacket \$
- Belt/attachments \$
- Hats \$
- Uniform cleaning \$_
- Patches/badges/name tags \$ \$ Uniform Alterations
- _____Shoes/Flip Flops: cost
- \$ \$ Gloves

I understand this worksheet provides a way for me to organize my deduction information only. Whether or not an item is listed on this worksheet is not necessarily an indicator of whether or not an item is deductible. Tax regulations change often and specific circumstances may determine whether or not any item is relevant to my situation. This worksheet cannot substitute for tax knowledge or professional tax advice.

7. Travel Costs Out of town education/job hunting) Car mileage _____Air/bus/train fares _Car rental/taxi ___Hotel/meals/gratuity Other:

8. Continuing Education

- _____Tuition/class fees
- Text books/supplies
- Parking fees
- ___Seminars
- Correspondence Course fees

O. Certification Fees

- State
- _County
- National Registry __Other:____

0. Mileage

TO: Mileage		
Continuing Education		
Fitness		
Union Meetings		

Station to station

_Area familiarization/other

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Other:

- \$_____T-shirts