



BEYOND YOUR
LIMITS

Inclusive Fitness and Recreation Inc.

Shopping Ideas for Drumming at home

DRUM BASE

17-20 gal bucket (Target @ \$8)
You may be able to find it cheaper

Other options: Laundry basket, cardboard box, milk crate, pool noodles
You can use a pillow on top to muffle the sound

Walmart has a good 17-gallon bucket for \$4.98

SCARVES

(JUGGLING SCARVES)

Good options: Amazon, Oriental Trading, many online places.

Prices \$7+ for 12 pack

Handkerchiefs will work as a good option

Look for ones that have a hemmed edge and 21" square or bigger.

DRUM

Stability Ball/Exercise Ball – They come in different sizes and qualities. If you are not going to use it for anything more than drumming than you do not need the Anti-Burst Ball.

Sizes are typically 45cm -75cm. diameter

Person's height

55 cm 5'0"– 5'5"

65 cm 5'6"– 5'11"

75 cm 6'– 6'3"

SEATED DRUMMING

Some good options: TV tray, pool noodle, folding chairs, 5-gallon buckets

Be CREATIVE. There are so many options for things you can use. Look around your house before you spend money!!

Other Options: boxes, buckets, chairs
The size of the base will also help determine the size of the ball you want to use for wither seated or standing.

Good prices: 5 Below has exercise balls for \$5.00 in a variety of sizes but I would only use them for drumming NOT for other activities.

DRUM STICKS

I use Vic Firth 2B Hickory Wood Tip. The nylon tips can break off but if you are just using this for drumming at home it should not be a problem.

5B Hickory Wood Tip is also a good choice.

Brands I use are Vic Firth and On Stage. It is cheaper to buy online than in a music store. Check Amazon for options. Some good online music stores are West Music and Musicians Friend, but I am sure there are many others. Drum Stick prices vary \$3 - \$9.

Other options: pool noodles, wooden spoons, wrapping paper tube,