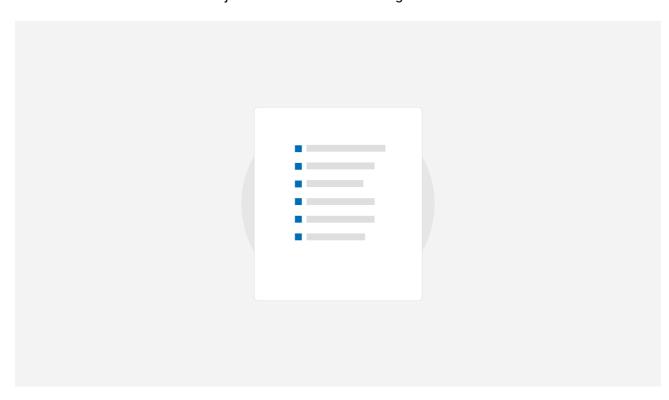
What Should A Sports First Aid Kit Contain?

No youth sports team or competition should be without a first aid kit designed to treat the most common injuries and illnesses that might be encountered.



First-Aid Kit Contents

First Aid Manual or Emergency/CPR flashcards
Safety pins
Paramedic or EMT shears (scissors)
Sharp-pointed surgical scissors
Bandage scissors
Splinter forceps (tweezers)
Standard oral thermometer: digital, mercury, or alcohol
Wooden tongue depressors ("tongue blades")
Waterproof flashlight (such as Pelican MityLite*) or headlamp (and spare batteries)
CPR mouth barrier or pocket mask
Sterile (hypoallergenic or latex) surgical gloves (at least 2 pair); if you are allergic to latex, bring nonlatex, synthetic, nonpermeable gloves;
Instant chemical cold pack(s)1
Ziploc* bags (to hold ice for ice packs)
Rescue blanket
Cell phone

Medical release forms		
List of emergency phone numbers		
Wound Care-Preparations and Dressings		
Elastic bandages (Band-Aid* or Coverlet*) in assorted sizes (strip, knuckle, and broad); cloth with adhesive is preferable		
Adhesive strips for wound closure (Steri-Strip* or Cover-Strip II*), assorted sizes, reinforced [plain or impregnated with an antimicrobial] or elastic		
3"x 3" or 4" x 4" sterile gauze pads (packets of 2 to 5)		
5" x 9" or 8" x 10" sterile gauze ("trauma") pad		
Nonstick sterile bandages (Telfa*), assorted sizes		
1", 2", 3", and 4" rolled conforming gauze		
1" x 10 yds (9.1 m) rolled cloth adhesive tape		
1" x 10 yds (9.1 m) rolled paper or silk (hypoallergenic) adhesive tape		
1" x 10 yds (9.1 m) rolled waterproof adhesive tape		
Safe Skin by Kimberly Clark* (4 1/8 in x 3 3/8 in		
Moleskin Plus* (4 1/8 in x 3 3/8 in)		
Spenco 2nd Skin* (1.5" x 2", 3" x 4", 3" x 6.5") and Spenco* Adhesive Knit Bandage (3" x 5")		
Tegaderm* transparent wound dressing (also comes in combination with a Steri-Strip in a Wound Closure System)		
Liquid soap		
Sterile disposable surgical scrub brush		
Sterile cotton-tipped swabs or applicators, 2 per package		
Tincture of benzoin, bottle or swabsticks		
Povidone iodine 10% solution (Betadine), 1 oz bottle or swabsticks		
Antiseptic towelettes		
Splinting and Sling Material		
Cravat cloth (triangular bandage)		
2", 3", and 4" elastic wrap (Ace*)		
4" x 36" SAM Splints (2)		
Aluminum finger splints		
Eye Medications and Dressings		
Prepackaged individual sterile oval eye pads		

Prepackaged eye bandages
Metal or plastic eye shield
Sterile eyewash, 1 oz (30 ml)
Contact lens remover
Topical Skin Preparations
Bacitracin, mupirocin, or bacitracin-neomycin polymyxin B sulphate ointment
Insect repellent containing DEET
Sunscreen lotion or cream (SPF 15 or 30)
Lip balm or sunscreen
Sunblock
Nonprescription Medications
Ibuprofen, 200 mg tablets
Acetaminophen, 325 mg tablets
Antacid
Decongestant (such as oxymetazoline) nasal spray (to treat a nosebleed that doesn't respond to simple pressure)
Glutose (liquid glucose) paste tube (to treat a hypoglycemic - low blood sugar - reaction
Prescription Medications
Metered-dose bronchodilator (albuterol) (to treat an asthma attack)
Space meter
Peak-flow meter
Allergy Kit
EpiPen Auto-Injector [0.3 mg] and EpiPen Jr. Auto-Injector [0.15 mg]) or allergy kit with injectable epinephrine (Ana-Kit)
Diphenhydramine (Benadryl), 25 mg capsules
Other
Other equipment and supplies may be available at the venue, but are not usually transported with a youth athletic team, unless there are special circumstances. These include such items as large splints to accommodate major fractures (such as of the thigh), stretcher, and AED (automated external defibrillator). Make and Share Free Checklists

