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).

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