

Recommend First Aid Kit Contents

General Supplies:

- Athletic tape (1 ½" wide, white adhesive tape) – 2 to 3 rolls
- Adhesive bandages – assorted sizes
- Knuckle bandages
- Fingertip bandages
- ABD abdominal bandages (absorbent pads)
- Antiseptic wipes
- Elastic wrap (Stretchable bandage typically 3" and 4" wide with fasteners) – 1 of each
- Bandage scissors
- Disposable vinyl gloves – 3 pairs
- Sterile gauze pads (small, medium and large sizes)
- Single Use Instant Chemical Cold Pack (squeezable to activate)
- Small plastics "sandwich" bags for ice and/or containment and disposal of biohazardous materials
- Saline solution squeeze bottle with saline solution packets
- Insect sting swab
- Petroleum jelly – 1 jar
- Hydrogen peroxide – 1 bottle
- Triple antibacterial ointment i.e. Neosporin (bacitracin zinc, neomycin sulfate, polymyxin b sulfate ointment)
- Antibacterial soap
- Tweezers
- Epinephrine auto-injector (e.g., EpiPen or Auvi-Q) for allergic reactions
- Tongue Depressors (6")
- Moleskin bandage for prevention of blisters
- Cotton tip applicators (wooden or plastic)

Additional Supplies:

- Blank injury report forms
- Writing pen
- Ice
- Nail clippers
- Sunscreen