

SPORT CLUB FIRST AID KITS Supply List

Every sport club first aid kit should be stocked with the following items:

- rain cover in front zippered pocket
- 6-8 large band-aids
- 10-12 knuckle (shaped like an H) band-aids
- 15-20 strip/finger band-aids
- 6-8 triple antibiotic ointment packets
- 6-8 hydrocortisone cream packets
- good handful of cotton nose plugs
- good stack of non-sterile (not individually wrapped) gauze
- 5-6 packets of large sterile (individually wrapped) gauze
- 5-6 packets of small sterile (individually wrapped) gauze
- 5-6 large non-adherent pads
- 5-6 small non-adherent pads
- 3-5 red biohazard bags
- 20-24 gloves (10-12 pairs)
- CPR pocket mask
- tourniquet
- roll of pre-wrap
- roll of white athletic tape
- roll of PowerFlex (stretchy tape)
- tag on outside of kit with Kylie's business card, kit number, and QR code