

## Suggested First Aid Medical Kit Items

- First Aid Manual or Emergency/CPR flashcards
- Safety pins
- Paramedic or EMT shears (scissors)
- Sharp-pointed surgical 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 (such as a Microshield X-L Mouth Barrier\*)
- 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)<sup>1</sup>
- Ziploc\* bags (to hold ice for ice packs)
- List of emergency phone numbers (paramedics, hospital emergency room) – Could be a luggage tag that we update for each event
- 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) (such as Nu-Gauze\* highly absorbent)
- 5" x 9" or 8" x 10" sterile gauze ("trauma") pads (packets of 2 to 5)
- Nonstick sterile bandages (Telfa\*), assorted sizes (used to cover abrasions)

- 1", 2", 3", and 4" rolled conforming gauze (C-wrap\* or Elastomull\*)
- 1" x 10 yds (9.1 m) rolled cloth adhesive tape
- Moleskin Plus\* (4 1/8 in x 3 3/8 in)
- Tegaderm\* transparent wound dressing (also comes in combination with a Steri-Strip in a Wound Closure System)
- 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
- Sterile eyewash, 1 oz (30 ml)

### **Dental Supplies**

- [Save-A-Tooth Emergency Tooth Preserving System](#)

### **Topical Skin Preparations**

- Bacitracin, mupirocin, or bacitracin-neomycin polymyxin B sulphate ointment

### **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)
- Glucose (liquid glucose) paste tube (to treat a hypoglycemic - low blood sugar - reaction)

### **Prescription Medications**

- Metered-dose bronchodilator (albuterol) (to treat an asthma attack)

### **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 \(automated external defibrillator\)](#).