

Generic First Aid Kit Contents

The kit should be a waterproof container that can handle a lot of banging around and still be easy to open the lid. It should be on the field at every practice and game. Along with the kit should be a container of ice; cooler of cold water and cups/individual water bottles with names marked on the bottles.

Medical information, parent contact phone numbers, allergy information should be kept in the kit.

No medication, including over-the-counter aspirin, ibuprofen, Tylenol products shall be kept in the kit.

1. Contents card – taped on the lid of the kit.
2. Emergency contact numbers (ER, EMS) – taped on the lid of the kit.
3. Wound Care Items:
 - a. Band-aids: strips, XLarge, – flexible (12 of each)
 - b. Appropriate antiseptic such as bacitracin or Neosporin (1)
 - c. Sterile water to clean the wound (1)
 - d. Non-latex disposable gloves (12)
 - e. Sterile gauze – regular (12) and non-adherent (6)
4. Hypoallergenic tape (3)
5. Antiseptic Wipes (box of 12)
6. Sunscreen (water repellent) (1)
7. Thermometer (1)
8. 3-inch elastic bandage (2)
9. Scissors (1)
10. Tweezers (1)
11. Zip-loc type baggies (6)
12. Insect Repellent (1)
13. Flashlight (small and working)
14. Paper/pen (1)

Clean out the kit prior to each game so that it is fully stocked.

Some adult associated with the team should have a working cell phone.

