**A complete first aid kit is essential. This kit must be carefully prepared in order to treat the most common injuries, and maintained regularly. Furthermore, it must be accessible to those responsible for the team. Here is a checklist to keep in the first aid kit so that you can verify regularly that it is complete.**

|  |  |
| --- | --- |
| ITEM | DATE/CHECKED BY (Initial) |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Surgical gloves |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Peroxide |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Soft antiseptic soap |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Antiseptic wipes |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Band-aids  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Butterfly bandages |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Sterile gauze pads |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Self-adherent wrap |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Second Skin\* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Triangular bandage |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Safety pins |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Juice box |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Plastic bags for ice |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Scissors |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Tweezers |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Duct tape\*\* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Change for phone |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| EMS phone numbers |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Participants medical and contact information |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

\* *Second Skin is a brand name for a product that is directly applied over a blister (very useful to have when participants are breaking in new footwear)*

*\*\* While duct tape is not to be used for bandaging injuries, when others go looking in the first aid kit for tape to repair equipment in a hurry, they will take the duct tape instead of using your expensive first aid tape*

# **Carrying a cell phone and using it is the fastest way to access emergency medical services support**