



# FIRST AID KIT CHECKLIST

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**