

### **Recommended First Aid Kit/Athletic Training Supplies**

- ACE wraps
  - o 2", 4", Double 4", 6", Double 6"
- Alcohol prep pads
- Band-aids (assorted)
- Betadine/Iodine (wound disinfectant)
- Cotton-tip applicators
- CPR pocket mask/microshield
- Elastic "stretchy" tape (1.5-2")
- Emergency contact list (local hospital numbers, AD's number, emerg. Contacts for student athletes)
- Flexi-wrap/plastic wrap (clear plastic wrap to hold on ice bags)
- Hand Sanitizer
- Heel & lace pads (for use when taping and for blisters)
- Hydrogen peroxide
- Ice bags
- Nose plugs
- Pre-wrap (for taping)
- Rubber gloves
- Saline solution
- Scissors
- Shark/tape cutter
- Skin lube
- Slings
- Sterile gauze (3x3")
- Sterile Non-adherent gauze pads (2x3" or 3x4")
- Tongue depressors
- Triple-antibiotic (neosporin)
- White Athletic Tape (1 ½")