

The Ultimate First Aid Kit

Essential Items:

Wound supplies:

Hydrogen peroxide (it stings less than other cleaners)
Antibacterial ointment
2 x 2 gauze pads (for cleaning wounds)
Band-aids (my favorite are called “sport” because they bend and stay on)
Non-stick 4 x 4 gauze pads (can be cut to any size)
Cloth tape
Duct tape
Scissors (blunt ended, the one’s trainers use)
Gloves (latex-free, always use gloves when dealing with blood)

Blister supplies:

Mole skin
Scissors (blunt ended, the one’s trainers use)
Gloves (latex-free, always use gloves when dealing with blood)

Insect sting supplies:

Tweezers
Hydrocortizone cream

RICE (Rest, Ice, Compress, Elevate) supplies:

Ace wraps
Instant ice
Plastic bags for ice

Concussion supplies:

SCAT card (<http://www.athletictherapy.org/docs/SCATconcussionCard.pdf>)
Pen

Emergency supplies:

Directions to the nearest hospital (for any location at which you practice or play)
Emergency contact info for each player
Informed consent to first-aid treatment forms for each player (more on this below)
Prescription medication for players with asthma or severe allergy requiring EpiPen use
Emergency blanket (these are plastic, for hypothermia)
Rescue breathing mask for CPR

Non-essential supplies

Taping supplies:

Athletic tape
Pre-wrap

Miscellaneous:
Fancy blister products (expensive)
Lotion
Climbing chalk (for those really sweaty days)
Hair Ties
Sharpie
Nail clippers

The following medications may not be given by a coach to a player. A coach may be held liable should something happen to an athlete that s/he gave these medications to. Rather than the coach giving these medications, a designated first-aid trained team member may carry and distribute these medications. If you intend to give these medications to minors, it is a good idea to include them specifically on your informed consent form. I carry these medications in my personal first aid kit.

Eye drops
Muscle rub (Bengay, Icy Hot, etc.)
Ibuprofen (Motrin, Advil)
Acetamenophen (Tylenol)
Cough drops
Tums
Anti-diarrheal agent (Lomotil, Kaopectate)
Anti-gas agent (GasEx)
Non-drowsy allergy and congestion: loratidine (Claritin)
Benadryl
Sunburn salve