

Sports First Aid Kit Contents

Soft Tissue Injuries

01

- ☐ Cold packs
- ☐ Bandages
- ☐ Strapping tape

Wounds & Abrasions

02

- ☐ 'Roll-Type' first aid dressings
- ☐ Dressing pads
- ☐ Bandages
- ☐ Medical tape (e.g. Micropore)
- ☐ Adhesive Dressings
- ☐ Plasters
- ☐ Sterile saline or fresh tap water
- ☐ Sterile saline wipes
- ☐ Medical gloves

Eye Injuries

03

- ☐ Eyewash pods
- ☐ Eyepad dressings

Medical Emergencies

04

- ☐ Face shield or pocket mask
- ☐ Splinting material(e.g. flexi splint / SAM Splint)
- ☐ Foil blankets and/or fabric blankets

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Important Extras

05

- ☐ Good scissors and/or TufKut Scissors
- ☐ Triangular bandages
- ☐ Clinical waste bags
- ☐ Gauze swabs or non-woven swabs

Optional Extras

06

- ☐ Hand / surface sanitizer
- ☐ Tissues
- ☐ Wound closures (Steri-Strips)
- ☐ Tweezers / forceps

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