

First Aid Kit for Sports Activities

Category	Product	Amount	Available at	Estimated cost	General Comment
Compress	Cold compress/ice packs	4	Numerous	varies on brand	Consider adding Ziploc bags of various sizes and using ice from coolers
CPR	CPR mask	1 kit	American Red Cross, pharmacies, online	varies on brand	We have several people with CPR training on teams.
General	Nitrile gloves (x-large)	1 box (40-120 gloves)	Walgreens, CVS, online, etc.	\$8.49-17.99	Non-latex gloves. Wear when any blood present.
Splint	Sam Splint	1	Sporting good stores		Flexible splint for fractures. Use with rolled cotton to stabilize break. OPTIONAL ITEM.
Splint	Rolled Cotton	1 roll	Walgreens, CVS, online, etc.		Used to make a splint for fracture. Also used for pressure to stop bleeding. OPTIONAL ITEM.
Wound	Wound wash saline	3 cans	Walgreens, CVS, online, etc.	\$5.00-11.00	Good for cleaning any abrasion, split skin, etc. May need to use a whole can depending on wound.
Wound	Kendall Super sponges (medium) 6" x 6.75"	4	Walgreens, online	\$2.49 each	Good for placing pressure on split lips (mouth injuries)
Wound repair	3M Steri-strip skin closure	1 box (30 per box)	Staples, various other stores, online	\$10.99 per box	To close split skin after thoroughly rinsing with sterile wound wash. Does not replace need for sutures.
Bandage	Telfa non-adherent pads 3" x 4"	1 box (20 per box)	Walgreens, online	\$8.99	Good first pad to put on skin for large abrasions
Bandage	2" x 2" gauze pads/sponges	1 box (25 per box)	Walgreens, online	\$3.99	Good for finger and small lip injuries
Bandage	3" x 3" or 4" x 4" gauze pads/sponges	1 box (25 per box)	Walgreens, online	\$6.99	Place over wound after placing Telfa Pad first, then apply wrap. Size is user preference.
Bandage	Ace bandage 3" roll	1 roll	Numerous	\$6.49 each	Other various sizes available (including self-adhering)
Bandage	3M Coban (Nexcare) 2" x 5 yards	3 rolls	Staples, Walgreens, online	\$5.00-10.00/roll	Good wrap to use on fingers and hands. Johnson & Johnson has similar product.
Bandage	3M Coban (Nexcare) 3" x 5 yards	3 rolls	TSC, various pharmacies, online	\$5.00-10.00/roll	Good self-adhesive wrap to use over large scrapes. Vetrax can be purchased at pet stores (same product).
Bandage	Johnson & Johnson Red Cross First Aid Cloth Tape	1 roll	Walgreens, CVS, online, etc.	\$3.99	Either the 1/2" or 1" but not waterproof type.
Bandage	Bandage scissors	1 pair	Walgreens, online	\$5.99 each	Coban can be torn, but easier to cut with scissors
Carry Bag	Sports bag or large insulated bag	1			