First Aid Kit Checklist

Event: _____

Date: _____

Lead: _____

WOUND CARE

- [ ] Adhesive bandages (assorted) _____
- [ ] Sterile gauze pads _____
- [ ] Non-stick dressings _____
- [ ] Adhesive tape _____
- [ ] Antiseptic wipes _____
- [ ] Blister plasters _____
- [ ] Steri-strips _____

SPRAINS & STRAINS

- [ ] Instant ice packs _____
- [ ] Elastic bandages _____
- [ ] Triangular bandage / sling _____
- [ ] Athletic tape and pre-wrap _____

TOOLS & PROTECTION

- [ ] Disposable gloves _____
- [ ] Scissors and tweezers _____
- [ ] CPR face shield _____
- [ ] Foil blanket _____
- [ ] Saline eye wash _____
- [ ] Torch / penlight _____

PAPERWORK

- [ ] Emergency contact list _____
- [ ] Injury report forms _____
- [ ] Concussion symptom card _____
- [ ] Venue address for 911 / 999 / 112 _____

NOTES