

**First Aid Kit**

Each team manager should have a first aid kit put together that should be available at all games, scrimmages and tournaments. In addition, it is a good idea for the coach to have a small kit available at practices. Below is a list of items to be considered for a first aid kit.

1. Gauze pads (1 dozen)

2. Steri strips (a couple packs)

3. Band aids (several different sizes and quantities)

4. Bags for ice (6-8 bags)

5. Ice pack for quick use (1 or 2 packs)

6. Athletic tape (a couple rolls)

7. Pre-wrap (1 roll)

8. Stickem spray (helps hold band aids in place with sweating)

9. Antibiotic cream (1 or 2 tubes or about 20 individual packs)

10. Scissors (1)

11. Ace bandage (2)

12. Latex or vinyl gloves (6 pairs)

13. Q-tips (about 20-30)

14. Tongue depressors (1 dozen)