



BETTER ATHLETES
BETTER PEOPLE

First Aid Kit Items

First aid manual	Emergency procedure outline
Latex free gloves	Ice packs or plastic bags for ice
Athletic tape	Adhesive Bandages
Elastic wrap	Sterile gauze pads
Antiseptic wipes	Antiseptic solution (Hydrogen peroxide)
Antibacterial ointment	Hydrocortisone cream (1%)
Alcohol wipes or ethyl alcohol	CPR mask
Antibacterial soap	Scissors
Splinter tweezers	Pen
Sunscreen	Safety pins
Thermometer	Ziploc bags
Flashlight	Emergency phone numbers

For more Resources, visit: www.PCDevZone.org
For more information on Positive Coaching Alliance, visit: www.PositiveCoach.org