

First Aid Equipment



The following is a basic list of equipment and supplies for a first aid kit and first aid room. The contents of a kit will vary depending on:

- budget
- length of the season
- sport
- number of athletes/teams

When packing the kit put the *necessities* in first, then if space allows, fit in the *good to have* followed by the *luxury items*.

On the following table tick which supplies/equipment you need for your sport or write in how many of each item are required.

NECESSITY	GOOD TO HAVE	LUXURY	
<input type="checkbox"/> antiseptic liquid <input type="checkbox"/> antiseptic solution <input type="checkbox"/> soap/disinfectant <input type="checkbox"/> friars balsam <input type="checkbox"/> basic dressing pack <input type="checkbox"/> cotton wool <input type="checkbox"/> gauze <input type="checkbox"/> eye pads combine <input type="checkbox"/> bandaids <input type="checkbox"/> dressing strips <input type="checkbox"/> non adhesive dressings (various sizes) <input type="checkbox"/> crepe bandage (10cm) <input type="checkbox"/> elastic bandage (10cm) <input type="checkbox"/> micropore tape <input type="checkbox"/> sports tape (rigid, 38mm) <input type="checkbox"/> eye wash <input type="checkbox"/> sling and safety pins <input type="checkbox"/> sterile needles or blood lancets <input type="checkbox"/> waste disposal bin <input type="checkbox"/> disposable examination gloves <input type="checkbox"/> sterilising solution for implements <input type="checkbox"/> clean fresh water	<input type="checkbox"/> spenco dermal pad <input type="checkbox"/> moleskin <input type="checkbox"/> foam adhesive padding <input type="checkbox"/> cotton buds <input type="checkbox"/> disposable razor <input type="checkbox"/> vaseline <input type="checkbox"/> spray adhesive <input type="checkbox"/> fixomull <input type="checkbox"/> bandages (various sizes) <input type="checkbox"/> massage oil	<input type="checkbox"/> tongue depressors <input type="checkbox"/> heel cups <input type="checkbox"/> sunscreen	NON REUSABLE SUPPLIES
<input type="checkbox"/> jelly beans/barley sugar <input type="checkbox"/> resuscitation mask <input type="checkbox"/> jordan frame <input type="checkbox"/> stretcher <input type="checkbox"/> thermometer <input type="checkbox"/> tweezers (stainless steel) <input type="checkbox"/> scissors (stainless steel) <input type="checkbox"/> splint <input type="checkbox"/> blanket <input type="checkbox"/> towels <input type="checkbox"/> clock <input type="checkbox"/> bowls (small and large) <input type="checkbox"/> mop and bucket <input type="checkbox"/> bed/portable massage table <input type="checkbox"/> telephone or access to one <input type="checkbox"/> emergency procedures <input type="checkbox"/> easy access to ice	<input type="checkbox"/> pillow <input type="checkbox"/> anatomy charts <input type="checkbox"/> first aid posters <input type="checkbox"/> ice machine	<input type="checkbox"/> scales <input type="checkbox"/> crutches <input type="checkbox"/> wheel chair <input type="checkbox"/> bulletin board <input type="checkbox"/> radio <input type="checkbox"/> exercise equipment <input type="checkbox"/> resuscitator <input type="checkbox"/> mirror	

PLEASE NOTE: All medications, including panadol or aspirin, antifungal creams and powders, antibiotic creams and ointments, and sunscreen should be provided by the athlete. It is not the sports first aiders role to provide these.