



First-Aid Kit Inventory

- ✓ **Adhesive Bandages**
- ✓ **Ice Packs, Insta- ice, or ice cubes with plastic bags**
- ✓ **Gauze pads or Towel**
- ✓ **Player medical Information Cards in plastic bag for the coach**
- ✓ **Tensor bandage**
- ✓ **Athletic Tape**

- ✓ **Hydrogen peroxide/antibiotic ointment**
- ✓ **Safety pins for skirts**
- ✓ **Extra hair elastics**
- ✓ **Tampons**
- ✓ **Scissors**
- ✓ **Tweezers**
- ✓ **Hockey tape for quick stick repairs or shirt ties**

And...Don't forget extra mouth guards!

