



9 Must-Have First Aid Items

In any coaches' first aid kit, there are 9 essential items.

1. Adhesive bandages to cover minor cuts, scrapes, and abrasions. These prevent the spread of blood and reduce the risk of infection by keeping the wound clean.
2. Antiseptic wipes to clean minor wounds and prevent infection.
3. Elastic sports wraps to provide stability to weak ligaments and muscles and to help prevent injury.
4. Disposable instant ice packs to provide immediate relief for injuries involving swelling. Providing quick cooling power reduces bruising and swelling and will help your athletes heal faster.
5. Soft gauze bandages to absorb fluids and cover wounds.
6. First aid tape to secure the gauze and prevent infection by allowing the wound to be exposed.
7. Antibiotic ointment to reduce infection and speed healing for minor cuts, scrapes, and abrasions.
8. Sterile surgical gloves to protect those attending to an injured athlete from the spread of infection.
9. Medical scissors to cut gauze, tape, and bandages to the correct size for the injury.