



Recommended minimum First Aid bag contents.

2 x instant ice packs.
1 x foil blanket.
1 x resuscitation face shield.
5 or more pairs of nitrile gloves.
Scissors.
Hand sanitiser.

Wound Care

10 x waterproof plasters of different sizes/cut-to-measure strip, including long finger plasters for hurlers.
Multiple gauze pads.
2 or more x large adhesive sterile dressings eg Mepore.
2 or more x 'Ambulance Dressings'.
Multiple sterile saline water vials for non-contact wound cleaning and eye washing purposes.

Sports Injury care

1 x Ice Spray eg Biofreeze.
Zinc Oxide tape.
Cohesive elastic bandage +/- adhesive elastic bandage.
2 x tubular stockings, 2 sizes, appropriate for your population.
Blister plasters.
Triangular bandage.

Divide Wound Care & Sports Injury Care contents into separate compartments/zip-lock bags for quick access.

This document should not be construed as medical advice. Always follow guidelines provided during your first aid training when administering first aid.