



Sideline First Aid Kit - minimum suggestions whether an AT or MD is present or not

- **antibiotic ointment**
- **non-stinging antiseptic**
- **hydrocortisone cream**
- **anti-microbial hand sanitizer**
- **assortment of bandages for different areas of the body**
- **tape and pre-wrap**
- **gauze pads of different sizes, sterile and non-stick**
- **alcohol pads**
- **hydrogen peroxide**
- **saline**
- **betadine**
- **latex-free gloves**
- **biohazard trash bag**
- **tweezers**
- **mirror, contact lens case, eye wash**
- **trauma/tape scissors**
- **CPR one-way valve mask shield**
- **AED**
- **thermometer**
- **flashlight or penlight**

Additionally recommended but not always available

towels  
injury ice with bags  
crutches  
splints  
BP cuff  
tool set  
backboard with neck brace, straps