

+ First Aid Bag contents **+**

Medicines box

Paracetamol, Ibuprofen, Chlorphenamine (Piriton), Strepsils, Ibuprofen gel, Hydrocortisone cream, Imodium, Rehydration sachets, Deep heat pain relief spray, Supercool freeze spray, Antiseptic wound wash spray (cetrimide), Savlon spray plaster antiseptic, Anthisan cream, Hand gel

± Calpol and Nurofen liquid if age appropriate for your team.

Please check all expiry dates

Notebook and pen to record all medications given

Plaster box/Dressings

A wide selection of different sized plasters – Elastoplast, hydrocolloid , blister plasters. Roll of skin coloured fabric tape. Roll of micropore tape.

Selection of non-adherent/low adherent dressing pads, knee and elbow plasters.
Hydrocolloid dressings

Kinesiology tape

Sling

General

Thermometer

Scissors

Pens

Baby wipes

Sanitary products – Tampons and pads

Disposable gloves

Waste bags – nappy bags are fine