



***Training Saves Lives!***

## First Aid List for Outdoor Sports

- ☐ First Aid Manual
  - ☐ Medical release forms
  - ☐ List of emergency phone numbers
  - ☐ Sharp-pointed surgical scissors
  - ☐ Tweezers
  - ☐ CPR mouth barrier or pocket mask
  - ☐ Non-latex gloves
  - ☐ Instant chemical cold pack
  - ☐ Sealable plastic bags (to hold ice for ice packs)
  - ☐ Rescue blanket
  - ☐ Safety pins
  - ☐ Bandages in various sizes
  - ☐ Sterile gauze in various sizes
  - ☐ Roll of gauze
  - ☐ Triangle bandage, splints, finger splints
  - ☐ Cloth adhesive tape
  - ☐ Liquid soap or antiseptic wipes
  - ☐ Sterile eye wash
  - ☐ Prepackaged eye bandages
  - ☐ Insect repellent
  - ☐ Sunscreen
  - ☐ Benadryl (for allergic reactions)
  - ☐ Waterproof flashlight
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