

SPORTS FIRST AID KIT **CONTENTS LIST**

DESCRIPTION	SIZE	PACK
Plasters	assorted	1 x 10
Gauze Swabs	10 x 10	1 x 5
Alcohol Free Wipes		10
Scissors - tough cut		1
Resusciate		1
Eyewash	20ml	1 x 8
Mirror		1
Disposable Gloves	Medium	1 pair
Plastic Bags - for soiled dressings		10
Triangular Bandage		2
Crepe Bandage	5.0cm x 4.5m	1
	7.5cm x 4.5m	1
Zinc Oxide Tape	2.5cm	1
	5.0cm	1
Elastic Adhesive Bandage	2.5cm x 4.5m	3
	5.0cm x 4.5m	3
	7.5cm x 4.5m	3
Insulation Tape		1
Foam Under Wrap		1
Ice Pack		2
Foil Blanket		1
Deep Heat	42g	1
Hot Spray (Ralgex)	125ml	1
Cold Spray (Ralgex)	125ml	1
Vaseline	50g	1
Disposable Razors		1 x 5
Vick Nasal Inhaler Stick		1