



4070 Butler Pike, Ste. 100 • Plymouth Meeting, PA 19462

FIRST AID ESSENTIALS

In sports, injuries are inevitable. Having a basic first aid kit available can really come in handy for quick and effective relief of minor bumps and bangs.

MUST HAVES:

- Band-aids
- White sports tape
- Pre-wrap
- Gauze
- Zip-loc bags (for ice)
- Non-latex gloves
- ACE wraps
- Scissors
- Hand sanitizer
- **Juice box if any diabetics**

OTHER USEFUL ITEMS:

- Insect Sting relief
- Triple antibiotic
- Eye wash
- Tweezers
- Antiseptic wash
- Multiple size bandaids (strips, knuckle, patch, 4-corner, blister)
- Mole skin
- Electrolyte tablets
- Sun screen
- Tums
- Chap stick

WHERE TO FIND THESE PRODUCTS:

- Any local sporting good store
- Any general store (CVS, Shop Rite, Walmart, Target etc)