

Team first-aid kit checklist

Standard kit for a youth or adult team. No medicines – players carry their own prescribed medicine.

	Qty	Expires			
WOUND CARE					
Plasters, assorted (fabric)	40		Micropore surgical tape	1	
Knuckle & fingertip plasters	10		Finger splints	2	
Blister plasters (hydrocolloid)	6		COLD		
Sterile gauze swabs 10×10 cm	10		Instant cold packs	4	
Non-stick sterile pads	10		Reusable gel packs	2	
Sterile wound dressing, medium	2		Resealable bags (for ice)	6	
Sterile wound dressing, large	2		EMERGENCY		
Adhesive island dressings	4		Foil emergency blankets	2	
Sterile eye pads	2		CPR face shield / pocket mask	1	
Sterile saline pods 20 ml (wound & eye wash)	6		Emergency card (printed, in the lid)	1	
Alcohol-free cleansing wipes	10		Tooth rescue box / small sealed cup	1	
Sterile cotton-tipped applicators (pack)	1		TOOLS		
Hydrogel abrasion dressings (turf burn)	4		Tuff-cut scissors	1	
Petroleum jelly (anti-friction)	1		Tweezers	1	
Clean water bottle for rinsing	1		Tick remover	1	
TAPE & SUPPORT			Safety pins	6	
Elastic bandage 7.5 cm	2		HYGIENE & PROTECTION		
Elastic bandage 10 cm	2		Nitrile gloves (pairs)	10	
Conforming gauze bandage	2		Hand sanitiser	1	
Cohesive bandage 7.5 cm	2		Waste bags	2	
Triangular bandage (sling)	2		Disinfectant wipes (equipment)	1	
Rigid sports tape 3.8 cm	2		Tissues (pack)	1	
Rigid sports tape 2.5 cm (fingers)	1		CARDS & LISTS		
Pre-wrap / underwrap	1		First-aid guide / quick cards	1	
			Concussion recognition card	1	
			Contents list (printed, in the lid)	1	
			Notepad & pen	1	

Check the kit monthly and at season start. Sterile items, cold packs, saline, gloves and tape expire or degrade – note the dates.



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Keep it complete automatically: a QR sticker on the kit, 10-second usage reports, shared refill list and expiry reminders. Free for teams.

