

## **Sport First Aid Kit:**

### *Small wound*

6 cleansing wipes  
6 adhesive bandages 1.9 cm x 7.5 cm  
3 adhesive bandages 5 cm x 7.5 cm  
2 knuckle bandages  
2 fingertip bandages  
2 non-adherent pads 5 cm x 7.5 cm

### *Medium Wounds*

2 cleansing wipes  
1 elastic gauze bandage 5 cm x 4.5 cm  
4 gauze pads 10 cm x 10 cm  
1 abdominal pad 19 cm x 20 cm

### *Additional supplies*

1 first aid pocket guides  
3 pairs of vinyl gloves  
12 safety pins  
1 note pad  
1 pencil  
1 St. John window sticker  
1 roll adhesive tape 1.25 cm x 4.5 m  
1 pair of tweezers  
10 cleansing wipes  
1 face shield  
2 triangular bandages  
1 rescue sheet  
1 pair of scissors 18 cm  
10 gauze pads 10 cm x 10 cm  
1 elastic gauze bandage 5 cm x 4.5 cm  
1 elastic gauze bandage 7.5 cm x 4.5 cm  
2 wood splints  
2 tongue depressors  
1 antiseptic lotion  
2 cold compresses 15 cm x 23 cm

## **Family First Aid Kit:**

### *Small wounds*

6 cleansing wipes  
6 adhesive bandages 1.9 cm x 7.5 cm  
6 adhesive bandages 2.5 cm x 7.5 cm  
2 adhesive squares 5 cm x 7.5 cm  
2 knuckle bandages  
2 fingertip bandages  
2 non-adherent pads 5 cm x 5 cm

### *Medium wounds*

2 cleansing wipes  
1 gauze bandage 5 cm x 4.5 m  
1 gauze bandage 7.5 cm x 4.5 m  
2 gauze pads 5 cm x 5 cm  
2 gauze pads 7.5 cm x 7.5 cm  
2 gauze pads 10 cm x 10 cm  
1 trauma dressing 10 cm x 10 cm  
with elastic bandage 7.5 cm x 3 cm

### *Large wounds & Burns*

1 trauma dressing 20 cm x 20 cm with  
Elastic bandage 10 cm x 3 cm

### *Additional Supplies*

1 first aid pocket guides  
2 pairs of vinyl gloves  
8 safety pins  
1 note pad  
1 pencil  
1 St. John window sticker  
1 roll of adhesive tape 2.5 cm x 4.5 cm  
1 pair or tweezers  
12 cleansing wipes  
1 face shield  
4 triangular bandages  
1 Mylar rescue sheet  
1 pair of scissors

## **Vehicle First Aid Kit:**

10 cleansing wipes	20 adhesive bandages 1.9 cm x 7.5 cm
3 knuckle bandages	3 fingertip bandages
3 gauze pads 5 cm x 5 cm	3 gauze pads 7.5 cm x 7.5 cm
3 gauze pads 10 cm x 10 cm	1 elastic gauze bandage 5 cm x 4.5 cm
1 elastic gauze bandage 7.5 cm x 4.5 cm	
1 pressure bandage 10 cm x 10 cm	
1 abdominal pad 12 cm x 22 cm	
6 cotton tip applicators	3 tongue depressors
2 pairs of vinyl gloves	1 pair of scissors 14 cm
1 first aid pocket guide	1 adhesive tape 2.5 cm x 4.5 cm
1 SOS signal	1 pair of tweezers
1 triangular bandage	1 rescue sheet
1 face shield	