



South Melbourne Districts Sports Club – Junior Footy

Trainer First Aid Kit Contents

Item	No	Item	No
Hygiene & PPE		Dressings	
CPR Face Shield	1	Low/Non Adherent Large	2
Tissues (pack)	1	Low/Non Adherent Small	3
Nitrile Gloves (pair)	5	Island Dressing Large	2
Antiseptic & cleaning		Island Dressing Small	3
Saline Ampule	5	Eye Pad (Sterile)	2
Alcohol Swab	4	Gauze Swabs Sterile 7.5cm	4
Iodine Swab	4	Flesh Colour Strips	20
Hand sanitiser	1	Fabric Strips	20
Safety pins (small bag)	1	Wound Closure Strips	5
Freezer Bags (packet)	1	General	
Adhesives		Rigid First Aid Box	1
Micropore Tape 2.5cm	1	Thermal Blanket	1
Rigid Sports Tape	1	Instant Ice Packs	4
Bandages		Stainless Steel Scissors	1
Cotton Crepe 5cm	2	Note Pad & Pen	1
Cotton Crepe 7.5cm	2	Diabetic	
Heavy Weight Bandage 7.5cm	2	Jelly Beans (small bag)	1
Triangular 110cm	2		