



# First Aid Kits

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**Each league can decide what to put in their first aid kits.**

## **Suggested items include:**

- ✓ **Adhesive Bandages**
- ✓ **Gauze**
- ✓ **Athletic tape**
- ✓ **Antiseptic cleanser**
- ✓ **Gloves**
- ✓ **Bag to dispose of soiled items**
- ✓ **Scissors**
- ✓ **Tweezers**
- ✓ **CPR face mask**
- ✓ **First aid manual**
- ✓ **Instant chemical cold packs**