



## AA RINGETTE CALGARY: First Aid Kit List

First Aid Kits are handed out to coaches by the AA Equipment Coordinator at the beginning of the season, and returned (fully stocked) at the end. For additional needed items, or to replace items used throughout the season, please purchase and submit receipts to Team Treasurer.

- Ibuprofen 200mg (lower dose to accommodate different weights)
- Tylenol regular strength (lower dose to accommodate different weights)
- Band aids (various sizes)
- Medical tape
- Gauze wrap
- Gauze pads
- Sling x 1
- 2-3 Tensors
- Voltaren Gel (or similar product)
- Hockey tape
- Small scissors (to cut tape)
- Nail clippers (winter brings hang nails)
- Snap-able ice packs x 2
- Feminine products (tampons, pads)
- Cough drops/throat lozenges
- Lip Balm

