Coaches, have you ever told your student managers to grab the medical kit before a game and, when the first injury occurred, opened it in horror to find 2 1/2 rolls of tape permanently fused together and nestled on a smashed and leaking chemical cold pack; a tangle of pre-wrap, band-aids and old gauze stuck to the sides of the kit; and what appears to be an Army surplus scissors?

To prevent this from happening, chuck that rusty old box and purchase a plastic fishing tackle box with multiple adjustable compartments. A box that opens from the side is preferable, since it keeps rain from leaking in. Place small items in individual plastic bags to keep them clean and orderly. Don't keep items in your kit that you do not know how to properly use or dispense. We suggest you and your student managers/trainers use the following checklists to be properly prepared for your next contest or practice.

**Checklist for your sideline supplies**

- Ice chest with ice bags and ice cups
- wraps
- splints
- crutches
- knee immobilizer
- backboard with cervical collar
- table
- water and cups
- squeeze water bottles
- stretcher
- telephone (if available)
- medical kit
- AED (if available)
- Emergency locator forms

**Checklist for your medical kit**

- 1 1/2" athletic tape
- tape scissors
- 1" athletic tape
- skin scissors
- elastic tape
- tweezers
- pre-wrap
- nail clippers
- assorted foam
- pocket knife
- skin lubricant
- sterile applicators
- two 6" ace wraps
- tongue depressors
- two 4" ace wraps
- razor
- assorted band-aids
- plastic bags
- tape adherent
- alcohol
- tape remover

- betadine
- 4 x 4 sterile gauze pads
- antibacterial ointment
- roll gauze
- hydrogen peroxide
- telfa pads
- sterile eye wash
- finger and wrist splints
- contact lens solution
- shoulder sling
- steri-strips
- pen light
- tooth preserving pack
- analgesic balm
- moleskin
- quarters for pay phones
- emergency phone numbers
- Special items for athletes with specific medical conditions such as diabetes or asthma

* It is recommended that someone with each team have Basic Life Saving skills.