



Sacramento Gay & Lesbian Softball First Aid Kit Supplies

ITEM	APROXIMATE COST
Tool Box or similar container for supplies	\$10.00
Rubber Gloves	\$4.00
Anti-biotic Cream	\$5.00
First Aid Tape	\$4.00
Assorted Bandages	\$4.00
Hydrogen Peroxide	\$1.00
Cotton Balls	\$1.00
Gauze	\$5.00
Zip lock bags (for ice and misc.)	\$3.50
Scissors	\$4.00
Tweezers	\$1.00
Aspirin or another pain reliever	\$3.00
Elastic Bandage Roll	\$2.50
Ace Bandage	\$4.00
Antacid Tabs	\$1.00
Athletic Tape	\$4.00
Icy Hot	\$4.00
Lip Balm	\$1.00
Sun Block Lotion	\$3.00
Total	\$65.00

There are numerous pre-packaged first aid kits on the market. If you buy one of those, examine its contents and it is strongly recommended you supplement it with items it may be missing as listed above (rubber gloves, plastic bags, etc). Managers should bring their team first aid kit to every team practice and to all league games.

This is a suggested list and is not all-inclusive.