

Sports First Aid Kit

Rigid Tape 38mm / 50mm
Elastic Adhesive 75mm / 50mm
Elastic Adhesive 2.5cm
Hyperfix
Vinyl Gloves (100)
Saline - 30ml
Chlorohexadine - 30ml
Gauze Swabs (100) 7.5cm
Non Adherent Dressings 10 x 10 cm Can be cut smaller
SteriStrips
Band-aids Variety
Elastoplast Continuous Bandage can be cut to size
Compression Bandages 100ml
Tubular Bandage Size F
Tubular Bandage Size D
Lister Scissors small
First Aid Scissors small
Alcohol Wipes to Sterilise Spacer, Scissors Tweezers etc
Alcohol Hand Wash / Aquium Gel
Plastic Bags (Med freezer) Rubbish / Ice Bags
Chux Wipes Between Ice Packs, Blood Spills etc
Sanitary Pads Use to absorb blood
Dental Mouth Plugs / Tampons (small) Nose Plugs Optional
Tweezers
Splinter Probe
Vaseline
Vicks
Stingose Insect Bites
Asthma Kit
Pocket Mask
Triangular Bandages
Emergency Blanket
Cardboard Splint
Tissues
Kidney Dishes (Plastic Bowl)
Eye Bath
Paper / Silk Tape (People with bandaid reactions)
Injury Report Pad
Pens
Pillow
Blankets
Water Bottle

Optional items

Island Dressings 6 x 8 cm
Cohesive Bandage 5.0cm (optional)
SunScreen
Aeroguard or Similar
Liquid Soap
Vomit Bags
Torch

Suppliers

Ausmed

Shop 6, 68 Reservoir Road
Modbury North 5092
ph: (08) 8264 8168

St James First Aid

19a Ween Rd
Pooraka 5095
ph: (08) 8349 8063

Clifford Hallam Healthcare

2/21-39 Produce Lane
Pooraka SA 5095
08 8407 0200
ph: 1300 720 274

Sports & Medical Products

1/54 Maple Ave
Forrestville 5035
ph: (08) 8371 5794

Australian Red Cross

Medical & Rehab Products

229 Marion Road
Marlston 5033
ph: (08) 8293 9200
ph: 1300 367 428

St Johns Ambulance

85 Edmund Avenue
Unley 5061
ph: 1300 360 455

Royal Life Saving SA

175 Sir Donald Bradman Drive
Cowandilla 5033
ph: (08) 8234 9244

Parasol Emt (Adelaide)

80 Woodville Road
Woodville 5011
ph: (08) 8244 2869