Athletic Bag First Aid Kit (8”x5”)

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| Athletic Tape | Ace Wrap | Aspirin / Tylenol |
| Bandages | Nitril Gloves | Benadryl |
| Liquid Bandage | Q-Tips | Electrolyte powder |
| Gauze Pads | Alcohol Wipes | Glucose tablets (for diabetic) |
| Israeli Battle Dressing | Scissors | Tweezers |

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| Aspirin (low dose)  4tabs/4hrs  NSAID (anti-inflammatory)  For pain, fever, heart attack | Tylenol  2tabs/8hrs  For pain, fever | Benadryl  2tabs/4hrs  For allergic reaction |
| Electrolyte Powder  For dehydration, mix w/1 liter water  Glucose  For diabetic, chew 1 tab | Israeli Battle Dressing  For large trauma wounds where pressure is needed.   1. Open the outer package by ripping open at any corner ‘notch’. 2. Remove the bandage from the clear inner-wrap by ripping its center ‘notch’. 3. Unfold to expose the bandage, one hand holding the end, other hand holding the ‘wrap’ roll. 4. Place bandage over wound with the ‘pressure applicator’ offset to the side of the wound. 5. Wrap one revolution of the elasticized fabric, then insert in/through the ‘pressure applicator’ and begin wrapping in the opposite direction, tightening as you go. 6. When fully wrapped, insert ends of the ‘closure bar’ into the wrapped fabric to hold in place. | |

**FIRST**

**AID**

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