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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Labels

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| Aspirin (low dose)4tabs/4hrsNSAID (anti-inflammatory)For pain, fever, heart attack  | Tylenol2tabs/8hrsFor pain, fever  | Benadryl2tabs/4hrsFor allergic reaction |
| Electrolyte PowderFor dehydration, mix w/1 liter waterGlucoseFor diabetic, chew 1 tab | Israeli Battle DressingFor 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.
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**FIRST**

**AID**

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