

In My Athletic Trainer's Bag

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Editor's Note: Doug Quon, MAT, ATC, PES, is the Assistant Athletic Trainer for the Washington Redskins. Here he lists the essential components of an athletic trainer's bag for high school football and Division II and III collegiate football.

High School Football Athletic Trainer's Kit Checklist

Tape Supplies	Blood/Wound	Misc.	Emergency
<input type="checkbox"/> 4 rolls Pre-Wrap	<input type="checkbox"/> Assorted Band-Aids	<input type="checkbox"/> 25 ice bags	<input type="checkbox"/> Contact list
<input type="checkbox"/> 12 rolls 1.5" athletic tape	<input type="checkbox"/> 8 oz. Betadine	<input type="checkbox"/> Nail clippers	<input type="checkbox"/> CPR mask
<input type="checkbox"/> 6 rolls 1" athletic tape	<input type="checkbox"/> 100 3 x 3 gauze pads, sterile	<input type="checkbox"/> Tweezers	<input type="checkbox"/> Drill/screwdriver
<input type="checkbox"/> 6 rolls ½" athletic tape	<input type="checkbox"/> 50 nonsterile gauze	<input type="checkbox"/> Save-A-Tooth	<input type="checkbox"/> Facemask remover
<input type="checkbox"/> 100 heel & lace pads	<input type="checkbox"/> Triple antibiotic ointment	<input type="checkbox"/> Pen light	<input type="checkbox"/> AED
<input type="checkbox"/> Skin lube	<input type="checkbox"/> Rubber gloves	<input type="checkbox"/> Reflex hammer	<input type="checkbox"/> SAM splints
<input type="checkbox"/> Scissors	<input type="checkbox"/> Nose plugs	<input type="checkbox"/> Scented gum/mints	<input type="checkbox"/> Shoulder slings
<input type="checkbox"/> Shark (tape cutters)	<input type="checkbox"/> Hydrogen peroxide	<input type="checkbox"/> Tongue depressors	<input type="checkbox"/> EpiPen
<input type="checkbox"/> 3 ACE wrap (4" doubles)	<input type="checkbox"/> Isopropyl alcohol	<input type="checkbox"/> Gatorlytes/electrolytes	
<input type="checkbox"/> 3 ACE wrap (6" doubles)	<input type="checkbox"/> Cotton-tip applicators	<input type="checkbox"/> Hydrocortisone	
<input type="checkbox"/> 1 roll Flexi-Wrap	<input type="checkbox"/> Blood remover spray	<input type="checkbox"/> Tuning fork	
<input type="checkbox"/> 1 can adherent tape spray	<input type="checkbox"/> Steri-Strips	<input type="checkbox"/> Alcohol prep pads	
	<input type="checkbox"/> Hand sanitizer	<input type="checkbox"/> Mouth guards	
		<input type="checkbox"/> Sunscreen	
		<input type="checkbox"/> Eye drops (saline)	

Division II & III College Football Athletic Trainer's Kit Checklist

Tape Supplies	Blood/Wound	Misc.	Emergency
<input type="checkbox"/> 4 rolls Pre-Wrap	<input type="checkbox"/> Assorted Band-Aids	<input type="checkbox"/> 25 ice bags	<input type="checkbox"/> Contact list
<input type="checkbox"/> 12 rolls 1.5" athletic tape	<input type="checkbox"/> 8 oz. Betadine	<input type="checkbox"/> Nail clippers	<input type="checkbox"/> CPR mask
<input type="checkbox"/> 6 rolls 1" athletic tape	<input type="checkbox"/> 100 3 x 3 gauze pads, sterile	<input type="checkbox"/> Tweezers	<input type="checkbox"/> Drill/screwdriver
<input type="checkbox"/> 6 rolls ½" athletic tape	<input type="checkbox"/> 50 nonsterile gauze	<input type="checkbox"/> Save-A-Tooth	<input type="checkbox"/> Facemask remover
<input type="checkbox"/> 100 heel & lace pads	<input type="checkbox"/> Triple antibiotic ointment	<input type="checkbox"/> Pen light	<input type="checkbox"/> AED
<input type="checkbox"/> Skin lube	<input type="checkbox"/> Rubber gloves	<input type="checkbox"/> Reflex hammer	<input type="checkbox"/> SAM splints
<input type="checkbox"/> Scissors	<input type="checkbox"/> Nose plugs	<input type="checkbox"/> Scented gum/mints	<input type="checkbox"/> Shoulder slings
<input type="checkbox"/> Shark (tape cutters)	<input type="checkbox"/> Hydrogen peroxide	<input type="checkbox"/> Tongue depressors	<input type="checkbox"/> EpiPen
<input type="checkbox"/> 3 ACE wrap (4" doubles)	<input type="checkbox"/> Isopropyl alcohol	<input type="checkbox"/> Gatorlytes/electrolytes	
<input type="checkbox"/> 3 ACE wrap (6" doubles)	<input type="checkbox"/> Cotton-tip applicators	<input type="checkbox"/> Hydrocortisone	<i>OTC Medication</i>
<input type="checkbox"/> 1 roll Flexi-Wrap	<input type="checkbox"/> Blood remover spray	<input type="checkbox"/> Tuning fork	<input type="checkbox"/> Advil
<input type="checkbox"/> 1 can adherent tape spray	<input type="checkbox"/> Steri-Strips	<input type="checkbox"/> Alcohol prep pads	<input type="checkbox"/> Imodium
<input type="checkbox"/> 1 roll 4" Cover-Roll	<input type="checkbox"/> Nosebleed QR	<input type="checkbox"/> Mouth guards	<input type="checkbox"/> Pepto-Bismol
<input type="checkbox"/> 1 roll Leukotape	<input type="checkbox"/> Hand sanitizer	<input type="checkbox"/> Sunscreen	<input type="checkbox"/> Zyrtec/Claritin
<input type="checkbox"/> 6 rolls 3" Powerflex Cohesive		<input type="checkbox"/> Bug Spray	<input type="checkbox"/> Tylenol
<input type="checkbox"/> 6 rolls 2" Powerflex Cohesive		<input type="checkbox"/> Neoprene knee sleeves (assorted)	<input type="checkbox"/> Benadryl
<input type="checkbox"/> 1 roll Moleskin		<input type="checkbox"/> Eye drops (saline)	<input type="checkbox"/> Cough drops

Author's Disclosure Statement: Mr. Quon reports no actual or potential conflict of interest in relation to this article.