

BASEBALL FIRST AID KIT

Essentials

- Band Aids (various sizes)
- Antiseptic Wash or Alcohol Wipes
- Antibiotic Ointment
- Benadryl
- Motrin/Tylenol/Advil/Aleve
- Tweezers
- First Aid Tape
- Scissors
- Gauze
- Ace Bandages
- Instant Ice Pack
- Storage Bag

Nice to Have

- Tick Remover
- Bug Bite Venom Sucker
- Sea Bands or Dramamine
- Extra Sunscreen
- Itch Relief Gel
- Blister Bandages
- Rehydration Salts
- Nail Clippers
- Pepto Bismol tablets
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