**Appendix J – Suggestions for Personal First Aid Kit**

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| Elastic ankle wrap | Waterproof first-aid tape |
| Tweezers | Pain reliever (Aspirin, Tylenol) |
| Scissors (small ones) | Anti-inflammatory (Ibuprofen) |
| Alcohol Prep Pads | Decongestant medication for colds & flu |
| Povidone-iodine wound cleaner | Benadryl |
| Neosporin/Triple antibiotic ointment | Hand Sanitizer (small bottle) |
| Moleskin | Sting-Eze |
| Standard band-aids | Chemical Cold pack |
| Butterfly Band-Aids | Small package powdered Gatorade |
| 4×4 gauze pads | Personal medications |