



AUCKLAND, NEW ZEALAND
MARCH 2010

ATHLETE'S PERSONAL FIRST AID KIT: (ensure this is in main luggage)

These are recommendations for your own personal first aid kit.
They are not compulsory but you should be aware that these items are all very useful
when traveling overseas and competing in contact sport.

Strapping - White
- Flesh Coloured

Bandaids

Blister Blockers

Cold Packs – X 1 Small

X 1 Medium

eg. Medisportz or Nexcare

Cold Spray X 2

Small scissors

Tissues (small pack)

Hand Cleanser

Small Towel

Own personal medications

– check that TUE (Therapeutic Use Exemption) is not required

Female athletes take own supply of hygiene products

Stingose

Insect repellent (High DEET content)

Sun screen

Anti-inflammatory gel (optional) eg Voltaren etc

Paracetamol tabs

E B Dorman
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