

# Your Dojo First Aid Kit

This checklist is provided as a gift to Aikido and other martial arts dojos, from the article “Your Dojo First-Aid Kit” on

[GrabMyWrist.com](http://GrabMyWrist.com)

Date: \_\_\_\_\_

Restocked by: \_\_\_\_\_

*Inventory your dojo first aid kit. X out the items you don't need right now. Then check off the rest as you shop and restock.*

## FIRST AID EQUIPMENT

- AED (charged and working?)
- CPR Breathing barrier
- Bandage scissors
- Tweezers
- Thermometer (battery OK?)
- Disposable gloves
- Ice packs / large ZipLoc bags
- \_\_\_\_\_
- \_\_\_\_\_

## DISINFECTANTS

- Individual alcohol wipes
- Hydrogen peroxide (spray bottle)
- Disinfectant wipes for surfaces
- Lysol spray for serious cleaning
- \_\_\_\_\_
- \_\_\_\_\_

## BANDAGING SUPPLIES

- Flexible Fabric Band-Aids
- Latex-free bandages
- Small bandages for children
- Neosporin or similar ointment
- Cohesive wrap material
- Fabric or paper tape
- Liquid bandage / New Skin
- \_\_\_\_\_
- \_\_\_\_\_

## OTHER FIRST AID SUPPLIES

- Powdered electrolyte drink mix
- Eye drops, individual use kind
- Finger splint
- Arm Sling or triangle bandage
- Other braces, supports, or wraps
- Crutch tips (for jo walking sticks)
- Red duct tape
- \_\_\_\_\_
- \_\_\_\_\_

## MEDICATIONS

- Non-steroidal anti-inflammatories (NSAIDs), such as ibuprofen (Motrin or Advil), and naproxen sodium (Aleve).
- Pain and fever medications, including aspirin and acetaminophen (Tylenol).
- Antacid (e.g. Tums)
- Anti-gas (e.g. Gas-X)
- Stomach upset (e.g. Pepto-Bismol)
- Chewable ginger candies (nausea)
- Gel or ointment for sore muscles
- Non-steroidal anti-itch cream.
- \_\_\_\_\_
- \_\_\_\_\_