**England Lacrosse   
Pitch Side Medical Check List and First Aid Kit**

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| **Items** |  |
| Water |  |
| Hand sanitiser |  |
| Tissues (pack of) |  |
| Cotton wool (squares) |  |
| Ice or Instant icepacks |  |
| Disposable gloves. Latex Free, Hypo-Allergenic, Non Sterile, Single Use |  |
| Disposable White Polythene Aprons |  |
| Face masks (box) and/or face shield |  |
| Portable Defibrillator or immediate access to one |  |
| Defibrillator Guidance leaflet |  |
| Concussion guidance leaflet (EL) |  |
| First Aid Guidance Leaflet |  |

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| **First Aid Kit** | |
| Antiseptic Wipes | Resus Face Shield |
| Conforming Bandage 7.5 x 4cm | Safety Pins |
| Crepe Bandages 5 x 4.5cm | Scissors |
| Foil Blanket | Self-Seal Waste Bags |
| Gauze Swabs 5pk | Sterile Dressings |
| Low Adherent Dressing 10 x 10cm | Sterile Eye Pad |
| Microporous Dressing Tape 1.25 x 5m | Triangular Bandages |
| Washproof Plasters | Zinc Oxide Tape 2.5 x 5m |