



## RECOMMENDED SUPPLIES

- Cold Packs & Heat Packs
- Ice Bags (If Ice Available)
- Biofreeze  
(Icy Hot or Atomic Balm)
- KT Tape & Someone to Apply it  
(Guided by ATC)
- Ace Wraps
  - 6 inch & 4 inch, Double Length Also
- Wound Care Supplies
  - All (Including Eye)
- Quik Heal Bandages for Burns & Blisters
- Co-band or Powerflex
- Athletic Tape & Pre-wrap
- Crutches

### Braces:

- Back Support Braces (Non-rigid)
- ASO Lace Up Ankle Braces
- Forearm Straps
- Toe Guards
- Knee Sleeves
- Elbow Sleeves
- Elbow Pads



REMOTE INJURY  
— CARE —