Backstage First Aid Kit Necessities

A first aid kit should contain all of the basic components necessary to administer basic first aid to anyone, as well as hold items specific to the needs of the traveling group. When a first aid kit is shared among various persons, it is essential that a regular inventory be taken of its contents. It is recommended that the contents of the First Aid Kit be reviewed before each entry into the theater or before a tour. Particular attention should be given to all over-the-counter and prescription medications for expiration date.

1. Information

First aid manual
List of emergency medical service numbers if 911 service is not available
Local theater & hotel contacts e.g. EMS, poison control, hospitals, and physicians
List of performers with special medical conditions
Individual-specific medications, *Inhalers, *Epi-pen, etc. (*Require prescription and standing order for use from a company physician. Close attention should be paid to expiration dates.)

2. Supplies

The following items are recommended and should be stored in a well-organized, easily accessible carrying case:

- Ace (elastic) bandages assorted sizes (2, 4, 6 inches wide)
- Adhesive tape
- Air stirrup brace for ankle sprain
- Alcohol (rubbing-isopropyl)
- Alcohol wipes
- Aloe or similar soothing topical cream
- Antibiotic ointment
- Antihistamine (like Benedryl)
- Antiseptic wipes
- Arm sling / Triangular bandage
- Automated External Defibrillator (AED)
- Bandaids various sizes
- BP cuff & stethoscope
- Calamine lotion
- Cold sore ointment
- Cotton swabs, balls, Q-tips
- CPR mouthpiece / face mask
- Dermabond / super glue
- Duct tape Elasticon / elastoplast tape
- Energy bars and powdered electrolyte replacement drinks
- Eyedrops (lubricating- liquid tears)
- Eyewash
- Gauze pads
- Hand sanitizer
- Heating pad
- Hydrocortisone cream
- Hydrogen peroxide to clean wounds
- Insect repellent Instant ice packs
- Kerlex gauze 4 and 6 inch
- Knee immobilizer
- Latex gloves
- Leukotape (McConnell) & Cover-Roll stretch tape
- Matches or lighter
Mineral oil (for tape removal)  Splints – finger, leg, arm  
Moleskin  Steri-strips  
Non-adhering dressings [Telfa]  Sugar or glucose solution (candy)  
Penlight / Flashlight  Sunscreen  
Plastic bags (for ice)  Tampons  
Roller gauze  Thermometer  
Safety pins  Triple antibiotic ointment  
Saline solution  Tongue depressors (disposable wood)  
Scissors  Tweezers / needle  
Sling  Vinyl or non-latex exam gloves  
Space blanket  Wound care debridement kit  

**Prescription Medications (recommended)**
* Albuterol inhaler  
* Epi-pen (in pediatric & adult doses)  

**These medications require a prescription and standing orders for appropriate use written by a company physician. Should any of these medications be utilized, EMS must be called and the patient should be transported to a local ER for further evaluation and treatment.**

**Over-The-Counter Medications (recommended)**
* Antacid  
* Anti-diarrheal medication  
* Antihistamine (like Benedryl)  
* Anti-inflammatory medication  
* Baby aspirin  
* Decongestant tablets & nasal spray  
* Indigestion medication  
* Pain medication  

The above are recommended for companies touring outside of the United States. We recommended checking with your state laws on over-the-counter medications, but can also have the items included in standing orders from a company physician.

**Disclaimer:**

The information on Backstage First Aid Kit tips listed above are to help guide and inform the dancer and training staff while in the theatre and on tour, it is not meant to take the place of the advice of a medical professional. This information is provided by Dance/USA Task Force on Dancer Health.

*Written by Shaw Bronner, PT, Phd, OCS, Heather Southwick, PT, Marika Molnar, PT (2015)*