

ITEMS FOR FIRST AID KIT

Compresses (assorted sizes, 4" gauze pads, 3" and 2") ****

Triangular bandages (approx. 56" at base, 36" at sides) ****

Blunt tip scissors

Tweezers

Antiseptic (Neosporin, rubbing alcohol)

Bandages (assorted sizes including 5 butterfly bandages)

2-4 roller bandages (3" and 2" wide, 3" and 4" long) ****

Adhesive tape (regular and paper tape)

Safety pins

Sewing needles (4)

Waterproof matches (to start fire or sterilize needles)

Waterproof marking pen, writing pen, and small writing tablet (to write down vital signs)

Foil (to use as reflector or over a sucking chest wound)

2-4 quarters (phone call); cell phone

Poison Control number 1-800-876-4766

Splints (example: 3" long and 18" long boards, magazine, or SAM splint)

1-2 instant cold packs

Mole skin (use on blisters during hiking – find in foot care section)

Emergency blanket (small reflector type, or bed blanket)

Green gel cake icing (for diabetic emergencies – find in grocery store)

WATER, WATER, WATER, WATER, and WATER

Ipecac syrup (to induce vomiting in case of non-corrosive poisoning – over the counter or ask pharmacist)

Activated charcoal – when a corrosive poison has been ingested – comes in granules or capsules
(A minimum of 6 capsules needed; make sure they are labeled and directions given)
(Call Poison Control before giving) – found over the counter

Baking soda (make paste for insect/marine life bites – in small container and labeled)

FACE MASK with a one-way valve (for CPR use)

Gloves – at least 2 pair (latex if not allergic to them)

Small flashlight with extra batteries

Female sanitary needs

R/X medication (if on daily meds)

R/X glasses (old pair, if you wear glasses)

WATER, WATER, WATER, WATER, and WATER

Pain reliever (acetaminophen, Tylenol – both child and adult strength)

Motion sickness meds (optional)

Antacids (Tums, Pepto Bismol, etc.) (optional)

Thermometer (prefer digital – not glass – plus extra protective covers)

Large garbage bags (as rain protective, cover sucking chest wound, clean up trash)

Epi-pen (used for allergic reaction – get by R/X) ***** only need if known allergies *****

+++++++ if room in hit add small stuffed animal, diapers, pre-moistened wipes

+++++ made using sheets

Items may be placed in: tackle box, backpack, plastic/Tupperware container, small suitcase, etc. You should be able to get to your First Aid Kit within 1 minute, maximum. This means placing it in a prominent spot in your house, car or campsite. Find a place where it will stay and keep it there!!!! Make it with a RED CROSS or print “FIRST AID” across the front to increase visibility.

Do not let children play “doctor” with this kit. The contents will be depleted before you know it. Get a small kit of bandages and tape that the kids can reach for their tiny bangs and bumps but keep the main supply for emergencies.

Many of these items are sold in large quantities, so share the cost with another person when possible.