

PERSONAL BASIC FIRST AID KIT

EQUIPMENT

- SMALL SCISSORS
- DISPOSABLE SAFETY RAZOR
- SPLINT KIT (VARIETY OF FINGER, WRIST, ANKLE, KNEE SUPPORTS)
- SHARPS CONTAINER
- TWEEZERS
- BLOOD PRESSURE KIT
- MAGNIFYING GLASS
- MULTI-USE CAMPING FOLDING KNIFE (i.e. Swiss army, Boy Scout knife)
- DIGITAL OR SKIN THERMOMETER
- NAIL CLIPPERS
- SAFETY PINS
- SMALL SEWING NEEDLE
- LATEX OR VINYL GLOVES
- INSTANT COLD AND WARM PACKS

SOFT SUPPLIES

- GAUZE: ROLLED, VARIED SIZES – 1”, 2”, 3”; GAUZE SQUARES
- TELFA NON STICK PADS
- BAND-AIDS- VARIOUS SIZES
- TAPE ROLLS: PAPER AND WATERPROOF- ½”, 1”
- MAXI-PADS, SMALL PKG, INDIVIDUALLY WRAPPED (GOOD BANDAGE FOR LARGER WOUNDS)
- COTTON BALLS AND SWABS
- “BUTTERFLY” BANDAGES TO CLOSE SUPERFICIAL OPEN WOUNDS
- STYPTIC PENCIL TO STOP MINOR BLEEDING
- ELASTIC BANDAGES – 1”, 2”, 3”
- LIQUID BANDAGE

DISINFECTANTS, ANTIBACTERIALS, SOOTHANTS

- ALCOHOL “RUBBING”
- HYDROGEN PEROXIDE
- “BACTINE”
- WATERLESS HAND SANITIZER
- DISINFECTANT WIPES
- SUNBURN RELIEF (I.E. ALOE W/ LIDOCAINE GEL)
- BUG SPRAY
- CALAMINE LOTION
- CAMPHOPHENIQUE
- PETROLEUM JELLY
- ZINC OXIDE CREAM
- SUNSCREEN
- LIP BALM
- MOUTHWASH, GARGLE

MEDICATIONS:

- TRIPLE ANTIBIOTIC OINTMENT (NEOSPORIN, OR BACITRACIN TYPE)
- PAIN RELIEVERS (ADVIL, ASPIRIN, TYLENOL)
- THROAT LOZENGES
- EPICAC TO INDUCE VOMITING
- TUMS OR ROLAIDS, EMETROL, PEPTO BISMOL TABLETS/LIQUID
- "COLD" REMEDY
- EYE WASH
- EYE DROPS FOR ALLERGY
- NASAL SPRAY ANTIHISTAMINE
- IMODIUM AD FOR DIARRHEA
- VICKS OR MENTHOLATUM RUB
- 1% HYDROCORTISONE CREAM
- DRAMAMINE OR BONINE (MECLIZINE)
- GLUCOSE TABLETS
- TYPED LIST OF, AND 1 MONTH'S SUPPLY, PERSONAL MEDICATION (I.E. THYROID, DIABETES, BLOOD PRESSURE, ETC)
- PET MEDS AND FLEA PREVENTION
- RED CROSS FIRST AID HANDBOOK.

When packing your first aid kit keep in mind the size of your family. 2 Band-Aids or 3 aspirin will not "cover" a family of six! Place "like" items in freezer strength plastic zip closure storage bags to protect from moisture. Place items in a med - large Tupperware/Rubbermaid type container with sealable lid and label. Be sure to check expiration dates every 6 months to 1 year. There are also commercial First Aid kits available for purchase.

<http://www.redcrossstore.org/shopper/prodlist.aspx?LocationId=2>.

Do not forget that some medications must be refrigerated. Buy and store freezer packs in the freezer until emergency situation (lack of power or evacuation) then place refrigerated meds and freezer packs in a small quality cooler. **ALSO store enough water to avoid dehydration!**

Have your family take a basic First Aid / CPR course available through community services such as the Red Cross, local hospitals and clinics. Or spend a few nights reviewing a First Aid Manual or even take an online Community First Aid Class:

<http://www.redcross.org/en/takeaclass> Many are downloadable as PDF files and printable. For those techies out there, there are First Aid apps that can be downloaded to your Smartphone.