FIRST AID KIT

Create or purchase a first aid kit that meets your needs. Store in a lightweight container that facilitates carrying or pulling on wheels i.e. fishing tackle box, picnic cooler, suit-case. Should have tightly fitting lids.

Suggested Checklist for First Aid Kit

Antiseptics & Topicals
Soap
Germ killing cleanser (ammonia)
Antiseptic prep pads
Antibiotic ointment (Polysporin or Bactraban)
Calamine lotion
Sunscreen
Minor burn preparation

Gastrointestinal Upset Aids
Antacid
Laxative
Anti-diarrhea agent
Anti-vomiting agent

Dressings
Adhesive bandages, assorted sizes
Rolled gauze
Sterile gauze pads (4" x4" & other)
Hypoallergenic adhesive tapes
Elastic bandage
Triangular bandage
One pair used panty hose (tourniquet)
Cold/Hot compress
Q-tips (10)
Cotton balls (10)
Vaseline

Closure Devices
Butterfly bandages
"Steri-strips"
Sutures

Respiratory Aids
Antihistamine
Decongestant

Poisoning
Emetic (Ipecac)
Activated charcoal

Fuel & Light
Sterno canned heat
Dryer lint (for starting a fire)
Signal flares

Analgesics
Buffered aspirin
Tylenol
Advil
Gargle and/or lozenges
Toothache remedies (Eugenol)

Other
Personal prescription medication
Extra eyeglasses
Extra contact lenses & supplies
Ear/Eye drops
Safety pins
Ziiplock bags

ETC.
Consecrated Oil
Scissors
Tweezers
Razor blades
Needle & thread
Matches
Compass
Comb & brush
Metal mirror (reflector/visual use)
Pocket knife
Shaving equipment for men

Sanitation Kit
1 bucket with tightly fitted lid
Plastic bags and ties
Improvised toilet seat
Toilet paper
Paper towels
Disinfectant (i.e. betadine, bleach or lysol)

Clothing
Rain garment
Plastic drop cloth
Rope and clothes pins
One change of underwear and-Outerwear