

Basic First-Aid

**The following list is only a suggestion of some of the supplies you should consider for your first aid kit. You should personalize your kit to meet your needs, activities and situations. The key to a good first aid kit is its usability. What supplies to include and how much of each item should be based upon your individual needs.

- | | |
|--|---|
| ☐ Personal medications | ☐ Triangular bandages |
| ☐ Roll bandages | ☐ Misc. Band Aides/bandages |
| ☐ Adhesive tape | ☐ Anti-acids (Tums, Rolaides) |
| ☐ Antiseptic wipes | ☐ Antibiotic cream |
| ☐ Sterile gauze pads | ☐ Aspirin/Ibuprofen/Tylenol/Naproxin |
| ☐ Cotton swabs | ☐ Hydrogen Peroxide |
| ☐ Tweezers | ☐ Ace bandages |
| ☐ Safety pins | ☐ Sunburn lotion |
| ☐ Scissors | ☐ Burn ointment |
| ☐ Bee sting kit | ☐ Snake bit kit |
| ☐ Sinus medications | ☐ Eye drops |
| ☐ Tissues | ☐ Poison ivy cream/cleansers |
| ☐ Bug repellant | ☐ Heat/cold packs |
| ☐ Sunscreen | ☐ Small flashlight |
| ☐ Notepad/pen | ☐ Latex gloves |
| ☐ Sterile compresses | ☐ Antibacterial soap |
| ☐ Splinting materials | ☐ Thermometer |
| ☐ Personal information/contact person | ☐ Coins for emergency phone calls |
| ☐ Feminine products | ☐ Antibiotic soap |
| ☐ Ipecac | ☐ Butterfly bandages |
| ☐ Razor blades | ☐ Twine |
| ☐ Plastic bags | ☐ Mole skin for blisters |
| ☐ Small bottle of water | ☐ Road flares |
| ☐ Blanket | ☐ First aid manual |
| ☐ Other personal needs | ☐ Nail clippers |
| ☐ Small mirror | |

- *Take a First Aid class and a CPR class -- keep current on this information
- *Keep supplies in a well marked, durable, waterproof container
- *Keep the contents organized
- *Know how to use everything in your first aid kit
- *Inspect content often, re-supply as needed
- *Keep readily available at all times