

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.

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