

Basic First Aid

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

<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/TylenolN
<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
<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