



## 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.

- |  |   |
|--|---|
| <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

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