

## First Aid Kits

These could be purchased and/or personalized custom kits you build.

### **Every Kit Basics:**

These items should be included in every kit large or small as they provide the basic needs for most of our “everyday” type First Aid scenarios and situations.

- Mix of bandaids
- Cleaning (options: alcohol prep, BZK Towelette, Clean wipes, Baby Wipes, Dude Wipes)
- Steri-Strips - for temporary closure of larger cuts
- 2”x 2” Gauze Sponges/Pads
- Medical Tape
- Triple Antibiotic and Burn Cream
- Pair of scissors or Medical Shears

### **Personal Small Kit:**

These are primarily for everyday type of situations with minor scrapes, scratches, small cuts, small burns, etc. Have these kits in a glovebox, purse, backpack, EDC bag, etc. Ideas for storage: small ziplock bag, empty ALTOIDS can, small plastic bar soap container, other small self-containing box or container.

- Mix of bandaids
- Cleaning Pads (options: alcohol prep, BZK Towelette, Clean wipes)
- Steri-Strips - for temporary closure of larger cuts
- 2”x 2” Gauze Sponges/Pads
- Medical Tape
- Triple Antibiotic and Burn Cream (create single use homemade straws)
- Cotton balls in bag or protective container
- Small pair of folding scissors or small multi-tool
- Small bag of medications (Advil, Tylenol, etc)

### **Personal Large Kits:**

These would provide additional options for potentially larger First Aid situations. Sporting activities, Mt. Biking, Backpacking and other outdoor activities, other accidents or disaster scenarios.

- **Every Kit Basics** items from the list above.
- Add additional larger Gauze Sponges/Pads and Dressings - Multiple sizes based on the size of the kit.
- Bleed Stop - for larger cuts gashes and bleeding situations (multiple options and sizes to chose from based on size of kit and personal preference)
- Gauze rolls - different sizes based on size of the kit.
- Nitrile or Non-Latex Gloves
- Ace bandage
- Tweezers
- Chapstick or some type of lip balm

### **Family or Large Group Kits:**

These add greater options and capabilities to your First Aid support. Sporting activities, Car Camping where size is not as much an issue. This provides an option for use around the house when things happen you have it all together in one kit that you can grab and take to the location of where the situation is if needed.

- **Every Kit Basics** items from the list above
- **Personal Large Kit** items from the list above
- Triangle Bandage
- SAM Splint or other Splint options
- CPR Barrier Mask
- Instant Cold Pack
- Larger Bandage Rolls & Pads
- Medical Shears
- Disposable Skin Stapler

#### **Comfort & Emergency Preparedness Items:**

- Moleskin
- Sting-Kill Wipes
- Tecnu Skin Cleaner - for Poison Ivy & Oak oils (could be used for mace and/or pepper sprays also)
- Bic Lighter
- Wetfire or other Fire starting options
- Whistle - for signaling or communications
- Feminine Products
- Gorilla Tape or Duct Tape
- Sewing needle
- 

#### **Home Cabinet Kits:**

There are lots of other options and additional things that you can add to your kits based on your individual and families needs and uses. Here are some other ideas that could be included in your kits, or in your home medical pantries.

- **All Items from Previous Kit Lists above**
- Hydrogen Peroxide: Liquid or Spray
- Rubbing Alcohol
- Hand Sanitizer
- Ankle Braces
- Crutches
- Multiple Ace Bandage wraps
- Finger Splints
- New Skin Liquid Bandage - May be called "liquid stitches" (super glue can be used in a pinch, but it does have other chemicals that can be harmful if used for extended periods)
- Suture Kit and Sutures of various sizes
- Clozex Emergency Laceration Closures

Other medications that we would recommend having in your home First Aid supplies include:

- Cold & Flu medications
- Cough Syrups & Drops
- NyQuil Liquid and/or pills
- Pepto Liquid and/or pills (chewable for children)
- Tylenol PM for pain and help with sleeping
- Emergen-C powder or pills - Vitamin C to help boost immune system
- Other Vitamin Supplements