

Building an Adequate First Aid Kit

Considerations for Organization and Accessibility:

- Organized by category
 - Helps you manage care that you will provide.
 - Contains supplies that are user friendly to you (Learn how to use items).
 - Contains a broad spectrum of items for most injuries and ailments.

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|-----------------------|----------------------------|
| • Instruments | In Bag / On Board |
| • Bandages | - Rubbing Alcohol |
| • Pharmacy | - Hydrogen Peroxide |
| • Cold Packs & Wraps | - Betadine |
| • Burns - Oral - Ears | - Splints with Velcro roll |

- Eye Care
- Bite & Sting
- Cough & Cold

- **JASE** Case
- Emergency Panel
- Lighting

Notes

Instruments

- Scissors
- Tourniquet
- Safety Pins
- Needles
- Shaving Razor and blades
- O2 / Heart rate meter
- Tweezers (assorted)
- Dental Tools
- Forceps (assorted)
- Fingernail Clipper / Set
- Cuticle Scissors
- Otoscope (\$14 - \$1400+)
- Tooth Brush
- Irrigation Syringes
- Thermometer
- Stethoscope
- Masks

Pharmacy (mostly OTC items - Personalize it for your needs, and include prescription meds)

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|---------------------|--|
| • Pseudoephedrine | - Decongestant |
| • Abreva / Herpecin | - Cold sores, fever blisters |
| • Calamine Lotion | - Sunburn, insect bites, poison ivy, oak, and other mild skin conditions. |
| • Benadryl | - (Diphenhydramine) Antihistamine |
| • Vaseline | - Petroleum jelly (purchase in a tube) |
| • Caladryl | - Relieves itch, blistering rashes, poison oak, ivy, sumac |
| • Cortisone | - Insect bites, eczema, dermatitis, rashes: Corticosteroid |
| • Hydrocortisone | - Relieves redness, itching, swelling, other skin discomfort. |
| • Styptic Pencil | - Stops bleeding of minor cuts. Wet before applying. |
| • Arnica Gel | - Muscle aches, pain |
| • Chiggerex | - Excellent remedy for insect bites...and Chiggers (red bugs) |
| • Campho Phenique | - Pain and itch relief on contact, treats cold sores |
| • Neosporin | - Antibiotic Ointment bacitracin , polymyxin B , and neomycin . |
| • Lotrimin | - Antifungal, athletes foot |
| • Advil, Advil PM | - Ibuprofen nonsteroidal anti-inflammatory drug (NSAID) |

- Tylenol - Acetaminophen Minor aches / pains, fever reducer
- Nexium - Acid reflux, heart burn; gastroesophageal reflux disease (GERD)
- Pepsid AC - Famotidine, Prevent Acid reflux, Treats GERD, heartburn
- Compound W - Warts
- Sunscreen - Protects against UVA and UVB radiation
- Lip Balm / Repair - Dry, cracking lips some contain sunscreen
- Aspirin - Stops fever, pain, swelling, and blood clots.

Bandages

- Fabric bandages, Assorted sizes
- Butterfly Closures
- Steristrips
- Moleskin
- Gauze Rolls
- Paper Tape (Micropore Tape)
- Cloth Tape (Durapore Tape)
- Plastic Tape (Transpore Tape)
- Coban Wrap Tape
- Gauze Pads, Assorted sizes
- Gauze Pads, Assorted sizes, Non-stick
- Alcohol pads / towelettes
- Antiseptic Pads / towelettes
- Neosporin Ointment
- Knuckle & Fingertip Bandages
- Triangular Bandage (Drive On Rag)

Burns / Oral / Ears

- Dr. Brush Picks
- Dental Floss
- Dentek Temparin
- Toothache Drops
- Tongue Depressors
- Brush-Ups
- Colgate Sensitivity Relief Serum
- Q Tip Swabs
- Glycerin
- Ear Ache Drops
- Instant Ear Dry
- Neomycin Ear Drops
- Antipyrine / Benzocaine
- Herpecin / Abreva
- Lip Repair Balm
- Lip Balm
- Ambesol
- Oral Gel
- Aloe Lotion
- Burn Cream
- Burn Gel
- Burn Wraps
- Solarcaine (Sunburn Treatment)

In Bag (Where ever it can fit)

- Hydrogen Peroxide
- Rubbing Alcohol
- Betadine
- Potassium Permanganate
- Splints w/Velcro Roll

Sting Kit

- Extractor
- After Bite
- Bite Stick

Cough & Cold

- Cough Drops
- Zicam Rapid Melts
- Zicam Nasal Swabs
- Robitussin DM
- Nasal Spray

Eye Kit

- Saline Solution
- Eye Wash with Ocular Cup
- Visine: Allergy, Anti-Redness
- Tobramycin (antibiotic)
- Refresh Relief
- Styel Gel
- Opcon A Eye Drops
- Spare Contact Lenses
- Spare Contact Lens Case
- Spare Glasses

LifeVac Device (Anti-choking, extractor)

Lighting Devices

- Head Lamp
- Flashlight
- Spare Batteries

Nail Care Kit

- Nail Clippers Large & Standard
- Handheld Clipper
- Ingrown Nail Extraction Tools
- Nail File & Emory Boards

E-Panel / Bag Side Panel

- Splints w/Velcro Roll
- Feminine Napkins / Pads
- Emergency Blanket
- Steristrips
- Zip-Stitch
- Medical Sears / Scissors
- Medical "Drop Cloth"
- Cotton Balls
- Combat Gauze
- Wet Wipe Towelettes
- Stop Bleeding Compound
- Triangular Bandage (Drive On Rag)
- Knuckle & Fingertip Bandage
- Super Glue
- Nitrile Gloves

Cold Packs & Wraps

- Instant Cold Packs
- ACE Bandages
- Cold Wraps
- Triangular Bandage (Drive On Rag)

"Jase Case" (Emergency Antibiotics)

The Jase Case is the commercial venture of a licensed physician that provides a one-year supply of E antibiotics.

- Metronidazole 30-500mg Tablets
- Azithromycin 6-250mg Tablets
- Amoxicillin-Clavulanate 28-875/125mg Tab.
- Ciprofloxacin 28-500mg Tablets
- Doxycycline 120-100mg Capsule

