

# Better-than- Basic First Aid Kit

## Supplies

### General Supplies

- A positive attitude. Don't panic, you can fix it and you'll be fine
- Aloe vera gel
- Blanket
- Duct tape
- Flashlight or headlamp, LED w/ spare lithium battery
- Glucose/candy/sugar
- Hand sanitizer
- Knife + needle nose pliers + wire cutter
- Lighter or waterproof matches
- Magnifying glass
- Mirror
- Petroleum jelly or lubricant
- Plastic resealable bags, assorted (e.g. oven, sandwich)
- Safety pins, assorted
- Safety razor blade or scalpel w/ #15 or #12 blade
- Scissors, preferably paramedic shears
- Sink/basin, collapsible
- Syringe/medication cup/spoon
- Thermometer, low reading, preferably digital
- Tincture of iodine 2% to disinfect water
- Towel for pillow or as ice wrap
- Tweezers
- Water to rinse wounds or drink

### Bones & Bumps

- Elastic bandage (Ace, Coban), 2", 3", 4"
- Instant cold pack, 5" x 9", 24
- Plasters, assorted sizes/shapes
- Rolled, stretch-to-conform bandages
- Sam splints which quickly and easily mold themselves to any shape and provide stability comfortably, 36"
- Splint, finger, aluminum
- Tape, cloth, 30' x 1"
- Triangular bandages, large, 2

### Protection

- Dental kit for broken teeth, loss of crown or filling
- Eye drops, eye wash, eye bath
- Eye shield or pad, 2
- Face mask
- Gloves, non-latex; can also be made into ice packs
- Insect repellent
- Lip balm
- Medical waste bag + box for sharps
- Mole skin
- Oral rehydration salts
- Roll of absorbent cotton as padding for a splint
- Sunscreen, SPF 30+
- Water filter
- Whistle

### Medication

- Antacids
- Anti-diarrheal
- Antihistamine spray (bactine), cream or lotion (calamine, camphophenique) for relief of insect bites, itching, and minor skin irritations—watch that they don't worsen the rash
- Antihistamine tablets or liquid (diphenhydramine/Benadryl causes drowsiness; loratadine/Claritin doesn't)
- Anti-nausea
- Cough and cold (decongestant)
- Epinephrine, if prescribed
- Hydrocortisone cream, 1%
- Ipecac to induce vomiting only if instructed by a poison control, emergency personnel, or doctor; one ounce bottle for each child under 5yo
- Laxatives
- Nasal spray decongestant
- Poison ivy/oak treatment
- Prescription medications

### Pain

- Acetaminophen
- Aspirin (primarily for response to a heart attack)
- Blister treatment
- Gel blister pads
- Ibuprofen
- Throat lozenges

### Open Wound Care

- Absorbent compress dressings, 5" x 9", 2
- Antibacterial ointment
- Antiseptic cream, ointment, or spray
- Antiseptic wipes (BZK preferred; alcohol ok), 5 packs
- Bandages, adhesive, assorted, 25+
- Butterfly bandages/adhesive wound-closure strips, 60
- Compound tincture of benzoin; it can protect the skin from allergy to the adhesive in the tape/bandage, but mostly it makes the tape/bandages adhere longer
- Cotton balls and swabs
- Gauze pads, 3", 4", 5 each
- Gauze roll
- Hemostatic (blood-stopping) gauze
- Hydrogel-based pads for dry or dehydrated wounds, partial or full-thickness lesions, abrasions or scrapes, or minor burns
- Hydrogen peroxide or iodine
- Liquid bandages
- Needle (steel) w/ heavy-duty thread (fishing line)
- Non-adhesive pads (telfa) for covering wounds and burns
- Quickclot to stop major bleeding
- Superglue
- Turkey baster or other suction device to flush out wounds

### Paperwork

- Emergency phone numbers, local emergency services, emergency road service providers, and poison control (800-222-1222).
- First aid manual
- Medical consent forms for each family member
- Notepad w/ pencil or pen
- Yours and other family members' medical history, medications, doctors, insurance company, and emergency contact persons. A flash drive could work; see [www.erinfocard.com](http://www.erinfocard.com).

## Guidelines

- This list is intentionally extensive; rarely will a single kit include every item shown here.
- When taking medications, read the label EVERY TIME. Always remember to check the proper dose of medication, especially when dosing children. Pay special attention to the usage directions and warnings. Don't buy or use any medication from a package that shows cuts, tears, slices or other imperfections. Report anything suspicious to the pharmacist or store manager. If you have questions, talk to your doctor, pharmacist or other health care professional.
- Any first aid supplies are only as good as your ability to use them. Study before you go and consider taking a course. Knowledge is the best first aid kit there is.
- Check the kit regularly. Check expiration dates and replace any used or out-of-date contents.
- In general, think about the trips you take, identify any particularly high risks and pack some extra supplies to deal with those. If you're several days from your car, then you're several days from real medical care. Obtaining prescription pain killers and keeping them fresh can be a big help if you're forced to self-rescue or even if your buddies are just carrying you out. The further you're going, the more supplies you'll need too, as the time throughout which you'll need to treat an injury before reaching hospital could be hours or days long. Obviously factor that into your risk-taking too.
- If you don't know how to set a dislocated bone, don't try to. The Mayo Clinic recommends stabilizing or immobilizing the joint and applying ice to reduce swelling. Rest the joint in question, applying ice to limit swelling, compressing the muscles and elevating the injured body part.

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## Links

<http://familydoctor.org/familydoctor/en/prevention-wellness/staying-healthy/first-aid/first-aid-kit-essentials.html>

<http://indefinitelywild.gizmodo.com/build-your-own-first-aid-kit-it-might-save-your-life-1579645900>

[http://kidshealth.org/parent/firstaid\\_safe/home/firstaid\\_kit.html](http://kidshealth.org/parent/firstaid_safe/home/firstaid_kit.html)

[http://www.emedicationhealth.com/first\\_aid\\_kits/article\\_em.htm](http://www.emedicationhealth.com/first_aid_kits/article_em.htm)

<http://www.mayoclinic.org/first-aid/first-aid-kits/basics/art-20056673>

<http://www.medicationnet.com/script/main/art.asp?articlekey=19466>

<http://www.nhs.uk/chq/pages/990.aspx?CategoryID=72&SubCategoryID=725>

<http://www.redcross.org/prepare/location/home-family/get-kit/anatomy>

<http://www.rei.com/learn/expert-advice/first-aid-checklist.html>

<http://www.webmd.com/first-aid/first-aid-kits-treatment>

Compiled 8 July 2015 by Andrea Hales