

BASIC FIRST AID KIT SUPPLIES

1. Carrying case: Any type of case that you have around the house (even an old purse will do). I prefer to use a small plastic toolbox or tackle box. Use zip lock bags for items.
2. Band-aids: include 12 to 18 band-aids of various sizes
3. Adhesive Tape: Include 2 rolls of tape. 1 roll should be ½ inch and the other should be 1 inch.
4. 4 X 4 gauze dressings: include 12 of these individually wrapped sterile pads.
5. 2 X 2 gauze dressings: include 12 of these individually wrapped sterile dressings.
6. Roller Gauze (Kling): Include 4 rolls of each / 4 inch / 3 inch / 2 inch
9. Ace Bandage: Include 1 - 4 inch roll. This can be used for strains and sprains and also doubles as a pressure bandage to control bleeding.
10. Ice Packs: Include 2. These are used to help reduce swelling.
11. Sterile-Strips: 1 package. These are also known as Butter-Flys, Adhesive Sutures, Adhesive Closures.
12. Betadine Antiseptic: 4oz bottle or 12 individually wrapped swabs.
13. Neosporin Ointment: 1 tube. This is a topical antibiotic.
14. Cortisone Ointment: 1 tube. This is especially helpful with any contact dermatitis (i.e. poison ivy, oak)
15. Benadryl tablets: 1 package, 24 tablets, 25mg/tablet. This is an over the counter antihistamine that will help control allergic reactions (Be sure to read and dispense as per the directions on the package)
16. Eye wash: 1 small vial. Normal saline wash recommended, but any type will do.
17. Bandage scissors/ trauma scissors: 1 pair. Do not let your household scissors do double duty. These scissors are blunted and won't inflict any further injury.
18. Forceps: 1 pair disposable splinter forceps (Tweezers)
19. CPR facemask
20. Non-latex gloves
21. Aspirin / Tylenol / Advil / etc.