

First Aid Kit Overview

These pages will help you put together a set of effective First Aid kits that are tailored for your location, budget and needs. The goal is to have some basic supplies that will let you treat common problems that arise in emergency situations.

A kit's level of preparation to treat a given problem will vary based upon its intended purpose. The kit for your bicycle or motorcycle should have a treatment for fall related injuries, while the kit for hiking should contain a way to treat blisters. The items listed on the next page are just suggestions to help you get started, so feel free to make changes based on your individual needs.

First Aid Kit Design Process:

1st – Decide where you are going to keep this kit. Is this for your car, boat, purse, laptop bag, backpack, bike bag, ATV, workshop, home or somewhere else?

2nd – Make a list of supplies that are appropriate for this first aid kit, using the First Aid Kit Design Worksheet. The next page has some ideas to help you get started. Select what makes sense based on your level of skill and training. Also keep in mind items can have multiple uses. The Ibuprofen in a first aid kit can be used for both pain and fever.

3rd – If you are designing multiple kits, go ahead and make supply lists for those kits as well. This will allow you to buy everything needed at the same time. You can print multiple copies of the First Aid Kit Design Worksheet, as needed.

4th – Select containers for your kits. Ziploc bags can be used to help keep the contents dry. A waterproof container would be a good choice for a boat or ATV kit, but is overkill for a kit that will live in a laptop bag. A small plastic box or nylon bag clearly marked on the outside as being a first aid kit are the most commonly seen containers.

5th – Check both online and local stores for the best deals when shopping for supplies, then put your kits together. Don't forget to check them every six months to replace used and expired contents.

Suggested Contents Ideas

Stop Bleeding	Prevent Infection
<ul style="list-style-type: none"> Bandages (Band-aids), a variety of sizes Sterile gauze Non-stick gauze pads Steri-strips, butterfly bandages Medical tape Tincture of benzoin (helps adhesive stick to skin) 	<ul style="list-style-type: none"> Antiseptic wipes Antibiotic cream (Neosporin or triple antibiotic) Hand sanitizer gel (Purell) Soap Iodine solution (Betadine) Irrigation syringe
Sprains/Strains	Flu complications
<ul style="list-style-type: none"> Ace elastic bandage Athletic tape Sam splint Triangular bandage 	<ul style="list-style-type: none"> Loperamide (Imodium) Guaifenesin (Mucinex) Gatorade powder packets
Fever	Burns
<ul style="list-style-type: none"> Ibuprofen (Advil) Acetaminophen (Tylenol) 	<ul style="list-style-type: none"> Pain medication Water-Jel Burn dressing
Tools	Comfort/Other
<ul style="list-style-type: none"> Tweezers Knife Hemostats (cactus spine, porcupine quill removal) Flashlight Magnifying glass Ziploc bags Pencil and paper Space blanket Duct tape Safety pins Cotton balls / swabs Thermometer Emergency phone #s, contact information 	<ul style="list-style-type: none"> Nitrile gloves Moleskin / Compeed (for blisters) Antihistamine (Benadryl) Sting relief / insect repellent Aloe Vera gel Glucose tablets Antacid tablets Antifungal cream (athletes' foot, jock itch) Sunscreen Chapstick Cold pack CPR pocket mask First aid guide or book

