



FIRST-AID KIT SUGGESTIONS

Use an adequate size, sturdy box, or plastic storage container, well-marked for First-Aid.

Tools

- Scissors
- Wire cutters
- Flashlight
- Tweezers

Cleansing Materials

- Eyewash
- Antiseptic hand cleaner
- Providone-iodine solution
- One large or two small towels

Bandaging Materials

- Telfa pads (4" x 4" or larger)
- 4" gauze roll
- One dish towel
- Ten gauze 4" x 4"
- Six to eight surgipads
- Band-aids
- Five knuckle bandages
- Self-adhesive wrap (one or two 4" rolls)
- 1" adhesive tape
- Polysporin ointment (15 gram tube)
- Two finger splints
- Sterile trauma pad (ABI – 8" x 10")
- Twelve alcohol pads
- Four pair non-latex gloves

Miscellaneous

- Cotton swabs
- Instant cold compress
- CPR face shield
- Four or five large heavy-duty sealable plastic bags (to keep kit organized and serve as emergency water, ice or limb container)
- Anaphylaxis kit (injectable adrenalin and antihistamines in case of known severe insect allergy)
- Card, preferably enclosed in plastic with phone numbers: ambulance, poison control and family physician)
- Isothermal emergency blanket
- Inventory list