

Basic First Aid Kit

****The following list is only a suggestion of some of the supplies you should consider for your first aid kit. You should personalize your kit to meet your needs, activities and situations. The key to a good first aid kit is its usability. What supplies to include and how much of each item should be based upon your individual needs. One kit for each vehicle and one for the RV.**

KEEP A LIST OF THE MEDICINES YOU TAKE IN YOUR WALLET/POCKET/PURSE/RV ALONG WITH YOUR DOCTORS NAME AND PHONE NUMBER

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|--|---|
| <input type="checkbox"/> Personal medications | <input type="checkbox"/> Triangular bandages |
| <input type="checkbox"/> Roll bandages | <input type="checkbox"/> Misc. Band Aides/bandages |
| <input type="checkbox"/> Adhesive tape | <input type="checkbox"/> Anti-acids (Tums, Rolaides) |
| <input type="checkbox"/> Antiseptic wipes | <input type="checkbox"/> Antibiotic cream |
| <input type="checkbox"/> Sterile gauze pads | <input type="checkbox"/> Aspirin/Ibuprofen/Tylenol/Naproxin |
| <input type="checkbox"/> Cotton swabs | <input type="checkbox"/> Hydrogen Peroxide |
| <input type="checkbox"/> Tweezers | <input type="checkbox"/> Acc bandages |
| <input type="checkbox"/> Safety pins | <input type="checkbox"/> Sunburn lotion |
| <input type="checkbox"/> Scissors | <input type="checkbox"/> Burn ointment |
| <input type="checkbox"/> Bee sting kit | <input type="checkbox"/> Snake bit kit |
| <input type="checkbox"/> Sinus medications | <input type="checkbox"/> Eye drops |
| <input type="checkbox"/> Tissues | <input type="checkbox"/> Poison ivy cream/cleansers |
| <input type="checkbox"/> Bug repellent | <input type="checkbox"/> Heat/cold packs |
| <input type="checkbox"/> Sunscreen | <input type="checkbox"/> Small flashlight |
| <input type="checkbox"/> Notepad/pen | <input type="checkbox"/> Latex gloves |
| <input type="checkbox"/> Sterile compresses | <input type="checkbox"/> Antibacterial soap |
| <input type="checkbox"/> Splinting materials | <input type="checkbox"/> Thermometer |
| <input type="checkbox"/> Personal information/contact person | <input type="checkbox"/> Coins for emergency phone calls |
| <input type="checkbox"/> Feminine products | <input type="checkbox"/> Antibiotic soap |
| <input type="checkbox"/> Ipecac | <input type="checkbox"/> Butterfly bandages |
| <input type="checkbox"/> Razor blades | <input type="checkbox"/> Twine |
| <input type="checkbox"/> Plastic bags | <input type="checkbox"/> Mole skin for blisters |
| <input type="checkbox"/> Small bottle of water | <input type="checkbox"/> Road flares |
| <input type="checkbox"/> Blanket | <input type="checkbox"/> First aid manual |
| <input type="checkbox"/> Other personal needs | <input type="checkbox"/> Nail clippers |
| <input type="checkbox"/> Small mirror | |

***Take a First Aid class and a CPR class -- keep current on this information**

***Keep supplies in a well marked, durable, waterproof container**

***Keep the contents organized**

***Know how to use everything in your first aid kit**

***Inspect content often, re-supply as needed**

***Keep readily available at all times**

