

1 FIRST AID KIT INVENTORY LIST

1.1 Who to call

- In Case of Emergency card (ICE)

1.2 Pills, Tablets, and other medication

- 6 acetaminophen/aspirin/caffeine (Excedrin Migraine)
- 6 Pepto Bismol chewable tablets (stomach/heartburn)
- 4 Alavert /Claritin/Zyrtec/ your choice of OTC allergy medication
- 12 Benadryl tablets

1.3 Wound Dressing/Wrapping

- 2 4x4 wound dressing pads (You can use unscented panty liners)
- 2 6x6 wound dressing pads (You can use 'super' maxi pads)
- 2 pair non-latex exam gloves
- 3 butterfly bandages
- 1 Roll of 1 1/2 inch athletic tape
- New Skin or Second Skin (can replace all band-aids in your kit)

1.4 Wound Cleaning

- 10 cotton swabs
- Benzalkonium Chloride (aka. BZK, BKC or ADBAC – it's an antiseptic Bactine, Neosporin, etc.)
- 10 cc syringe (without the needle – good for wound irrigation)
- 2 Alcohol-based hand wipes
- 2 stay-lit birthday candles

1.5 Hardware

- Tweezers (get GOOD ones)
- Scissors or shears
- 2 Cravats (long piece of triangular fabric, like a bandanna – useful as a sling, tourniquet, or securing a splint)
- 3" wide Ace bandage (self-sticking)
- 4 safety pins

1.6 Other Good Things to Carry

- Hand sanitizer gel (60%+ alcohol content)
- Burn cream (Lidocaine relieves topical pain)
- Gold Bond powder
- Itch Cream (Gold Bond cream, but anything with hydrocortisone in it)
- Baby Head to Toe wash (any soap will do)