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## First Aid Kit

You will want to have multiple first aid kits in different locations (at home, in your car, on your bike, etc.) for different purposes. Create each kit to fit the situation.

### BASIC KIT

- Acetaminophen (Tylenol)
- Anti-diarrhea medication such as loperamide (Imodium) or bismuth subsalicylate (Pepto-Bismol or Kaopectate)
- Anti-nausea medication such as bismuth subsalicylate (Pepto-Bismol or Kaopectate), dimenhydrinate (Dramamine), or meclizine (Bonine).
- Aspirin (for cardiac events and blockages; aspirin can temporarily help thin the blood).
- Diphenhydramine (an antihistamine like Benadryl) for use in treating mild allergic reactions
- Gauze pads
- Maxipads (very absorbent) or cloth diapers
- Hemostatic gauze (which helps blood clot)
- Tourniquet (a CAT tourniquet is recommended)
- An Israeli bandage (with an applicator to apply pressure)
- Emergency (mylar) blankets
- Alcohol-free wipes or Betadine
- Bandage tape
- Gauze
- Large adhesive pads
- Adhesive bandages
- Elastic bandages
- SAM splint (a moldable splint brand) or anything else that is semirigid and can be made to keep a fractured limb from moving. Cardboard can work well too.
- Triangle bandages (or fabric cut and folded into a large triangle shape for a sling)

**See other side.**



## ADVANCED KIT

- Adhesive bandages in a variety of sizes
- Betadine or alcohol-free wipes
- Elastic bandages
- Gauze pads and rolls
- Large adhesive pads
- Wound closure strips (Steri-Strips) and/or liquid stitches/surgical glue. Shears (to cut gauze and bandages)
- Elastic bandages
- SAM splints/cardboard
- Triangle bandage
- Burn gel
- Acetaminophen (Tylenol)
- Anti-diarrhea medication such as loperamide (Imodium) or bismuth subsalicylate (Pepto-Bismol or Kaopectate)
- Anti-nausea medication such as bismuth subsalicylate (Pepto-Bismol or Kaopectate), dimenhydrinate (Dramamine), or meclizine (Bonine)
- Aspirin (for cardiac events and blockages; aspirin can temporarily help thin the blood).
- Diphenhydramine (an antihistamine like Benadryl) for use in treating mild allergic reactions and to use in conjunction with epinephrine to treat anaphylaxis
- CAT tourniquet
- Hemostatic gauze (which helps blood clot) or Celox
- Gauze pads
- Maxipads, tampons, or other absorbent materials
- Gauze rolls and tape to hold the gauze in place.
- Israeli bandage
- Blood pressure cuff.
- CPR masks
- Emergency mylar blankets
- Non-latex gloves
- Pulse oximeter (to take heart rate and oxygen levels)
- Tweezers (to remove splinters and to pull gravel out of a road rash)
- Stethoscope (to listen to the heart, lungs, and abdomen)
- Syringe (to help irrigate a wound with water)
- Thermometer (use a digital one for speed and because you can't use an oral thermometer on unconscious people; bring extra batteries)
- Sharpie (to record application time of tourniquet)
- Pen and notebook (to track vitals and to record patient history and complaints)
- Flashlight (to check eyes for concussion)
- Goggles (to protect your eyes)

