

# First Aid Kit

## Emergency Canister

- 2 Soap Forms
- Emergency Phone Numbers
- 1 Pencil
- 50 cents for public phone
- 1 phone card
- Duct tape
- 1 canister of matches
- First Aid Book

## Foot Repair Kit

- 2 Sheets of Moleskin or Second Skin
- 1 sheet foam pad
- 5 sheets Tegaderm
- Scissors
- 2 rolls tape
- Tweezers

## Drug Kit

- 1 drug information sheet
- 1 EpiPen – Prescription, single dose, automatic injector or:
- 1 Anakit – Prescription syringe with two doses
- 1 bottle ibuprofen – for muscle aches
- 5 packets Tylenol – for headaches and fever
- 12 Pepto-Bismol doses – for upset stomach and diarrhea
- 12 Benadryl tablets – antihistamine for allergic reactions
- 1 tube hydrocortisone cream – for bites and poison ivy
- 6 Sudafed tablets – for nasal congestion due to common cold
- 6 Imodium doses – for control of diarrhea
- 12 Tums – for upset stomach

## Wound Cleaning

- 6 packets antibiotic ointment
- 2 insect bite swabs
- 1 8-ounce bottle of Betadine antiseptic
- 1 bottle saline irrigation fluid
- 2 alcohol swabs

## Bandages

- 1 1' roll gauze
- 1 2' roll gauze
- 1 3' roll gauze
- 1 3' Ace bandage
- 6 4x4 gauze pads
- 6 2x2 gauze pads

## Miscellaneous

- 1 tongue depressor
- 1 thermometer
- Cotton swabs
- 1 bag safety pins
- 1 razor
- Tampons
- 1 irrigation syringe (60 cc)
- 1 extra plastic zip bag
- 12 assorted bandages
- 1 5x10 gauze pad
- 2 5x9 gauze pads
- 4 pairs sterile gloves

## Splints

- 2 cravats – for splinting
- 1 SAM splint
- 1 finger splint