

First Aid Kit

Most first aid kits that are readily purchasable do not seem to have much more than an assortment of band aids and maybe a cream and dressing. To ensure you will have what you need, purchase a tackle box and load it yourself with the selected items below. Mark the kit well with a red cross. This can be kept around the home, ready to grab at a moments notice. If you have young children or grandchildren, it will get a workout.

| | |
|-----------------------------|---------------------------------|
| Ace wrap | Instant cold pack |
| Alcohol wipes | Magnifying glass |
| Antiseptic wipes | Polysporin ointment |
| Band-Aids: 12 various sizes | Pressure dressings |
| First Aid tape | Q-tips, Scissors |
| Dressings: eight 2" × 2" | Scissors |
| Dressings: eight 4" × 4" | Splinter-removal kit, |
| Eye dressings | Steri-Strips |
| Eye wash | Thermometer, and sterile covers |
| First-aid book | Triangular bandage |
| Gauze rolls | Disposable gloves |
| Hydrogen peroxide | |