

- Eye patches
- Dental floss
- Joint braces
- Splint boards - to stabilize and protect sprains and fractures
- Cotton towels
- Cotton wash clothes
- Insect repellent - nontoxic to children
- Lip ointment
- Blood clotting spray - a great, new advancement to stop minor bleeding
- Suture material and needle - for properly instructed individuals to sew up lacerations
- Hypodermic needle and syringe – to draw up an anesthetic liquid
- Anesthetic solution - small, sterile bottle
- Sterile suture kit
- Antibiotics - for a variety of uses that should be discussed with a doctor
- Anti-diarrheal medication
- Silvadene cream - for severe burns
- Narcotic pain medicine - consult with doctor on this item
- Adrenaline kit - for severe allergic reactions, these easy-to-use kits are available by physician prescription
- Electrolyte tablets - to replenish sodium, potassium, and calcium in dehydrated states

Being organized is the key to creating and keeping a good kit. Remember to label everything properly. Keep a list of everything on a 3X5 card that stays in the kit. Refer to it when items need to be replaced.

Items should be kept as clean and sterile as possible. Medicines should be stored in secure containers with proper name, dosage, number of pills, how and when to take it, and what it is specifically used for.

The quantity of items in your kit generally depends on who lives in your household or who will be going on the trip. Children are not little adults, so special attention is warranted in their case, especially with medicines.

**Other Considerations:**

- Antibiotics
- Alternative Medications and Therapies
- Other \_\_\_\_\_
- Other \_\_\_\_\_
- Other \_\_\_\_\_

**IMPORTANT:**

Read the entire first-aid manual so you'll understand how to use the contents of your kits. (If your children are old enough to understand, review the manuals with them as well.)

Store first-aid kits in places that are out of children's reach but easily accessible for adults.

Check the kits regularly. Replace missing items or medicines that may have expired.

# FIRST AID KIT BASICS AND CHECKLIST



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## ASSEMBLING A FIRST AID KIT

Accidents, injuries, and emergencies happen to everyone, eventually. Properly preparing for these instances is all-important.

A well-stocked first-aid kit, kept within easy reach, is a necessity in every home. Having supplies gathered ahead of time will help you handle an emergency at a moment's notice. You should keep one first-aid kit in your home and one in each car. Also be sure to bring a first-aid kit on family vacations.

Choose containers for your kits that are roomy, durable, easy to carry, and simple to open. Plastic tackle boxes or containers for storing art supplies are ideal, since they're lightweight, have handles, and offer a lot of space.

Simple to advanced kits can be bought through a variety of retailers, but you can easily put your own kit together from scratch.

The advantage of making your own kit is that you can specialize it according to your needs, and it generally will cost you less money to assemble your own.

Below is a list of what should go in a basic, home, first aid kit. Then a second list of what can go into a more advanced medical kit will follow.

## BASIC FIRST AID KIT

A basic kit should include:

- First aid manual
- List of emergency phone numbers
- Blanket (stored nearby)
- Band-aids of all sizes
- 4" by 4" Gauze pads - for cleaning wounds
- 4" by 4" Dressing bandages - for wounds, cuts, and abrasions
- 2" Dressing rolls - for wrapping and bandaging injuries
- Medical / Adhesive tape
- Soap
- Cotton balls
- Q-tips
- Alcohol pads - or 16 oz bottle of isopropyl alcohol for cleaning wounds
- Antimicrobial hand wipes - a box or several placed in a sealed plastic bag to keep them moist
- Hydrogen Peroxide - 16 oz. Bottle for cleansing skin wounds
- Sterile water - 16 oz. bottle
- Eye flushing solution - 16 oz. Bottle with eye cup
- Ace bandage - wrapping sprains and contused soft tissue
- Arm sling
- Chemical ice pack
- Chemical hot pack
- Thermometer - oral and rectal
- Tweezers
- Scissors
- Safety Pins

- Nail clippers
- Jackknife
- Clean string - for a variety of uses
- Sterile gloves

Simple, but important over-the-counter medications that should be kept in a first aid kit and updated regularly (check the expiration dates) include:

- Antibiotic ointment - for cuts and scrapes of the skin
- Steroid ointment - topical medicine for poison ivy and itchy skin
- Medicated sunburn spray or cream
- Calamine lotion
- Insect sting relief pads
- Tylenol (Acetaminophen) - pain and fever reducer
- Advil (Ibuprophen) - anti-inflammatory for pain, swelling, and fever
- Benadryl (Diphenhydramine) - antihistamine for allergic reactions, itching, and runny nose
- Sudafed - a decongestant for stuffy nose (or decongestant nose drops)
- Cough suppressant
- Throat lozenges
- extra prescription medications

## ADVANCED FIRST AID KIT

An advanced first aid or medical kit could include the following additional items:

- Small flashlight
- Bottles of regular water - for hydration and flushing purposes