

First Aid Items to Keep Onboard

Red Cross recommended First Aid Items to keep handy for a family of four:

- Absorbent compress dressings (5 x 9 inches)
- Adhesive bandages (assorted sizes)
- Adhesive cloth tape (10 yards x 1 inch)
- Antibiotic ointment packets
- Antiseptic wipe packets
- Packets of aspirin (81 mg each)
- Blanket (space blanket)
- Breathing barrier (with one-way valve)
- Instant cold compress
- Pair of non-latex gloves (size: large)
- Hydrocortisone ointment packets (approximately 1 gram each)
- Scissors
- Roller bandage (3 inches wide)
- Roller bandage (4 inches wide)
- Sterile gauze pads (3 x 3 inches)
- Sterile gauze pads (4 x 4 inches)
- Oral thermometer (non-mercury/non-glass)
- Triangular bandages
- Tweezers
- First aid instruction booklet



Also keep handy:

- Splints - Inflatable are available
- Hydrogen Peroxide
- Tube of Superglue for sutures
- Dioralyte sachets for diarrhea
- Eye wash and eye dressing
- Calamine or other lotion for rashes
- Insect bite medication
- Flash light and spare batteries
- Personal medications
- Suntan Lotion
- Emergency phone numbers
- Cell Phone



Store these in a water tight container. There are many pre-assembled kits available. These often come in a plastic container with a lid that has a gasket for water-tight closure. These can be purchased from \$15.00 to \$60.00, depending on the size. You can also seal supplies in plastic pouches.

Check the dates on the products yearly and replace as necessary.