



## First-Aid Kits

A first-aid kit well stocked with the basic essentials is indispensable. Choose one sturdy and lightweight, yet large enough to hold the contents so that they are readily visible and so that any one item may be taken out without unpacking the whole kit. Keep a list of contents readily available for easy refilling. Keep the kit in a convenient location. Quantities of suggested items for your first-aid kit depend on the size of your group and local conditions.

### ***Suggested First-Aid Kit Contents***

- Small bar of soap
- Two – 2-inch roller bandages
- Two – 1-inch roller bandages
- Roll of 1-inch adhesive tape
- Box of adhesive bandages (band-aids)
- Twelve – 3" x 3 " sterile gauze pads
- Moleskin – 3" x 6"
- Triangular bandage
- Clinical oral thermometer
- Scissors
- Tweezers
- Sunburn lotion
- Lip salve
- Calamine lotion
- Safety pins
- Needles
- Paper cups (for dispensing medicine)
- Foot powder
- Box of alcohol swabs



Because of the possibility of exposure to communicable diseases, first-aid kits should include:

- Latex or vinyl gloves,
- Plastic goggles or other eye protection, and
- Antiseptic to be used when giving first aid to bleeding victims, as protection against possible exposure.
- Mouth barrier devices should be available for use with CPR.