

First Aid Kit Supplies

By Rachel Woods, About.com Latter-day Saint Guide, <http://lds.about.com>

Your basic emergency/home storage should include a prepared kit of first aid supplies.

Notes:

- Update your first aid kit every six months (put a note in your calendar/planner) to replenish and check all supplies. Expired or contaminated items should be replaced.
- Check with your family doctor for any specific medicines and supplies your family might require for an emergency.
- Some items may leak or break open. Using tubes, plastic bottles, or Ziploc bags can help prevent contamination.
- All supplies should be labeled and organized for quick and easy use.
- Supplies may be divided and organized into compartments or sections.
- You may include any other first aid items you feel would be useful or necessary.
- A condensed version of this first aid kit should also be included in your 72 hour kit.

*List compiled from, "Essentials of Home Production & Storage," 1978, p 7-8.

Standard First Aid Kit Supplies*

- Container (metal, wood, or plastic) with a fitted cover to store first aid kit
- First Aid Booklet (including CPR)
- Prescribed Medications
- Any critical medical family histories
- Adhesive
- Ammonia
- Bicarbonate of soda
- Calamine lotion (sunburn/insect bites)
- Diarrhea remedy
- Elastic bandages
- Gauze bandages
- Hot-water bottle
- Hydrogen peroxide
- Ipecac syrup (induces vomiting)
- Knife
- Matches
- Measuring cup
- Medicine dropper
- Needles
- Paper bags
- Razor blades
- Rubbing alcohol
- Safety pins
- Scissors
- Soap
- Thermometer
- Triangular bandages
- Tweezers
- Prescriptions
- Consecrated oil

Additional First Aid Kit Supplies

- Immunization records
- Medications for children (if applicable)
- Fever reducing medications such as:
-aspirin, acetaminophen, or ibuprofen
- Allergy medication
- Antibacterial wipes
- Antibiotic ointment
- Antiseptic wipes
- Band-aids
- Burn ointment/spray
- Cotton balls
- Cough syrup/cough drops
- Disposable blanket
- Eye drops/eye wash
- Feminine Hygiene
- Gloves
- Hand sanitizer
- Hot and cold instant packs
- Hydrocortisone cream
- Lip ointment (chap stick)
- Medical tape (waterproof & regular)
- Nail clippers
- Needle and thread
- Snake bite kit
- Sterile strips
- Sunscreen/lotion
- Tourniquet kit
- Vaseline
- Water purification tablets
- Other: