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Tips for Your First Aid Kit

Assemble a first aid kit for your Disaster Supplies Kit and one for each car.

The basics for your first aid kit include:

- First aid manual.
- Sterile adhesive bandages in assorted sizes.
- Assorted sizes of safety pins.
- Cleansing agent/soap.
- Latex gloves (2 pairs).
- Sunscreen.
- 2-inch sterile gauze pads (4-6).
- 4-inch sterile gauze pads (4-6).
- Triangular bandages (3).
- Nonprescription drugs.
- 2-inch sterile roller bandages (3 rolls).
- 3-inch sterile roller bandages (3 rolls).
- Scissors.
- Tweezers.
- Needle.
- Moistened towelettes.
- Antiseptic.
- Thermometer.
- Tongue depressor blades (2).
- Tube of petroleum jelly or other lubricant.

Have the following nonprescription drugs in your Disaster Supplies Kit:

- Aspirin or nonaspirin pain reliever.
- Antidiarrhea medication.
- Antacid (for stomach upset).
- Syrup of ipecac (use to induce vomiting if advised by the poison control center).
- Laxative.
- Activated charcoal (use if advised by the poison control center).
- Vitamins.
- Add any necessary prescription and nonprescription drugs.
- Add special needs for infants, elderly persons, or anyone with serious allergies .