

Family First Aid Kit

Buy a small tool box and put together a family first aid kit. Include a sufficient quantity of supplies for your entire family. Be familiar with the contents of your first aid kit, and include those items and medications that meet the particular needs of your family. You may need to include pain reliever for infants, juniors, and adults. If you are prone to heartburn, add a bottle of antacid tablets. Include your preferred cough/cold medicine. Customize your first aid kit to fit your family's needs and unique situation.

Alcohol / Alcohol Prep Pads

Ammonia Inhalant

Antibiotic Ointment

Bandages:

 Ace bandage rolls

 Gauze pads, various sizes

 Gauze rolls

 Butterfly bandages

 Adhesive bandages, various sizes

 Blister bandages or moleskin

 Adhesive tape

 Triangular bandages

 Eye pads

Benadryl

Betadine Solution

Burn Care

Caladryl or Calamine Lotion

Cold Packs

Cotton Balls

CPR Shield

Eyewash

Emergency Blanket

First Aid Book

Gloves – latex or synthetic (4-5 pairs)

Heat Packs

Hydrocortisone

Hydrogen Peroxide

Insect Repellent

Lip Balm (with SPF)

Medicines:

 Antacid

 Aspirin/Ibuprofen/Motrin

 Cold Medicine

 Cough Syrup

 Diarrhea Remedy

 Eardrops

 Laxative

 Pepto-Bismol

Medicine Dropper

Needles and Thread

Notepad and Pencil

Paper Bags

Prescription Medication

Prescribed Medical Supplies

Razor Blades

Safety Pins

Sanitary Napkins

Scissors

Soap

Splints, various sizes

Special Needs

Sunscreen

Thermometer

Tissues

Tweezers

Water pouch

Make a list of the items in your kit and tape it to the inside of the lid. You will see at a glance the items you have or you don't have. Include the expiration dates on your list. Your first-aid kit won't take the place of a medicine cabinet. Ideally, you should to have two bottles of the over-the-counter medicines that you regularly use – one in your medicine cabinet and one in your first-aid kit. When you run out of a particular item in your medicine cabinet, replace it with the same item from your first-aid kit. Purchase a new item at the store and restock your first-aid kit. As a result, you don't run out of medicine when you need it and your first aid kit is always fresh. Take your first-aid kit on family outings and road trips and become familiar with it. In the meantime, if an emergency arises, you will have the medication you regularly use in a container that is easy to grab if you must leave in a hurry.