

FIRST AID KIT

- Band Aids - various shapes and sizes
- Sterile gauze pads-2x2, 4x4 and larger, and roller gauze for large cuts and scrapes
- Ace bandage or elastic wraps for wrist, ankle, knee and elbow injuries
- Adhesive tape, regular and paper tape
- Disposable gloves
- Cold pack - reusable, keep in fridge
- Thermometer with petroleum jelly for lubrication
- Small scissors for use with bandages
- Plastic bags
- Small tweezers for removing splinters, bee stingers and ticks
- Antiseptic-First aid cream for disinfecting wounds
- Hydrogen peroxide for disinfecting wounds
- Bacitracin or Neosporin
- Acetaminophen (Tylenol) or Ibuprofen (Motrin or Advil) for aches, pains and fever
- Benadryl for allergies, epi-pen if appropriate
- Arnica cream
- Sunscreen
- Hydrocortisone cream or ointment to relieve rashes
- Calamine lotion to relieve rashes

Keep the kit out of the reach of children.

Review the kit twice a year for expired medications.

Keep emergency phone numbers posted.