

Suggested First Aid Supplies

Compiled by Dan Fry, EMT

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Ace Bandage (3" and 4", 4-5 ea)
Triangular bandage (2 ea)
Gauze pads (3" and 4", 20-30 ea)
Surgical pads (3x5)
Band-aids
Tape
Scissors
Tweezers
Kelly forceps
Safety pins
Emergency contact and VHF numbers
Blood pressure cuff
Q-tips
Large curved sewing needle and unwaxed dental floss
Providence
Hydrogen Peroxide (H₂O₂ 3%)
Alcohol pads
Hand sanitizer
Coband
Trauma shears – will cut most anything
Aspirin
Antibiotic ointment
Pocket mask for rescue breaths

HOUSEHOLD ITEMS (to have on board)

Meat tenderizer – great for bee stings
Old credit card
Feminine pads – use as bandage for bleeding
Plastic wrap
Salt
Lemon juice
Duct tape (1-4 rolls)
Pillow
Newspaper and/or magazine
Super glue
Flash light
Knife, i.e. box cutter, exacto knife
Ziplock baggies