



## First Aid Kit

**First aid kits are available at many stores, however you can make your own kit by including the following in a waterproof container:**

- Antibiotic ointment packs
- Bottle of aspirin
- Antiseptic cleansing wipes (sting free)
- Elbow-knee plastic bandage (2x4)
- Large butterfly wound closure
- First Aid Guide
- Extra-strength non-aspirin tablets
- Alcohol cleansing pads
- 3 adhesive plastic bandage (5 3/8x 1 1/2)
- Knuckle fabric bandage
- Medium safety pins

### **Tips**

- Include any personal items, such as medications and emergency phone numbers, or other items suggested by your physician.
- Check your kit regularly for expiration dates and replace out-of-date contents
- Store in a secure place out of the reach of children