

FIRST-AID KIT SUGGESTIONS

Adequate size sturdy box or plastic storage container

TOOLS

- Scissors
- Wire cutters
- Flashlight
- Thermometer

CLEANSING MATERIALS

- Eyewash
- Antiseptic hand cleaner
- Providone-iodine solution
- One large or two small towels

DRESSING MATERIALS

- Telfa pads (4" x 4" or larger)
- Elasticized gauze bandage
- One dish towel
- Ten gauze 4" x 4"
- Six to eight surgipads
- Band-aids
- Self-adhesive wrap (One to two 4" rolls)
- 1" adhesive tape
- Polysporin ointment (15 gram tube)

MISCELLANEOUS:

- Cotton swabs
- Instant cold compress
- Four or five large heavy-duty sealable plastic bags (to keep kit organized and serve as emergency water, ice or limb container)
- Anaphylaxis kit (injectable adrenalin and antihistamines) in case of known severe insect allergy
- Card, preferably enclosed in plastic with phone numbers: ambulance, poison control and family physician
- Blanket



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Carle Foundation Hospital
Center for Rural Health
and Farm Safety