

Step Eight – June 2016

First Aid Kits

This week we would like to go over first aid kits. There are a number of different kinds of first aid kits you can choose from. They can range from a very simple kit or as complex as you would like. Your kit should be customized to your needs and abilities. Even if you have the best first aid kit with you, it will not do you much good if you don't know how to use it. So, we encourage everyone to take a first aid class and a CPR class. By taking these classes you will gain the confidence and the knowledge on what to do when something goes bad. You can look at the AHA (American Heart Association) or the American Red Cross web sites for some of these classes and additional information.

A starter first aid kit can range from around \$25 to about 90 dollars or more. You can probably find a good kit somewhere in between those price ranges. When you are looking for a kit, look for a kit that contains some of the items listed below. If the kit you're looking at doesn't have some of the items, you might need to buy them separately and add them to your kit.

First aid reference book	Antiseptic wipes	Triangular bandage
Gauze pads	Insect repellent	Antihistamine
Rolled gauze	Splint	Medical tape
Ace type wrap	Antibacterial	Tweezers
Ibuprofen or other	Insect sting treatment	Bandages
Safety pins	Sun screen	Medical gloves
Antacid	Antidiarrheal	Waterless hand sanitizer
Anti-inflammatory		
	Lip balm	
Shears		

Don't forget prescription medications that you might need. Also, allergy relief medication and vitamins are a good idea to include. If you have special medical needs you may want to talk with your doctor. If you wear glasses, throw an extra pair into your kit. Don't forget about medications for your pet.

Remember to put a few more dollars away in your 96hr kit.