

A home first aid kit can be purchased from a drug or discount store pre-packaged, or you can make one yourself. The contents of the kit should be clearly marked and individually wrapped to keep things sterile.

You don't need a lot of things in such a kit—just the basic essentials to take care of immediate needs until you can receive professional care. You should have:

- 1 package of assorted size sterile adhesive bandages
- 1 package of 8 to 12 two-inch sterile gauze pads
- 1 package of 8 to 12 three-inch sterile gauze pads
- 1 roll of hypoallergenic adhesive tape
- 3 triangular bandages
- 3 rolls 2" sterile roller bandages
- 3 rolls 3" sterile roller bandages
- 1 pair of scissors
- 1 pair of tweezers
- 1 needle
- 1 safety razor blade
- 1 bar of regular soap (liquid soap will dry up)
- 8 to 10 moistened towelettes (come in individual packages) or sterile hand cleaner
- 1 can antiseptic spray
- 1 package of matches
- Disposable cold pack
- Disposable gloves, several pair
- 50 cents for phone call
- Dixie cup
- Sugar packet (for diabetic emergency)
- Plastic wrap (for torso injuries)
- Large plastic trash bags
- Small flash light with fresh batteries
- Pencil/paper
- Small hand mirror (use for a distress signal)
- Butane lighter
- Road map
- Collapsible water container



All of these items should be packaged in a sturdy metal or plastic container, preferably one that is water and airtight.

All of the recommended items for your first aid kit have a very long shelf life, and remain useful over many years. Periodically, you should check the contents of your first aid kit and replace any items that have been opened, are dirty, or are missing.