AMERICA'S BOATING CLUB
UNITED STATES POWER SQUADRONS®

COASTAL CRUISING FIRST-AID KIT

CPR KIT

AED

Spare adult and pediatric electrode pads

AED CPR kit: pocket mask, scissors, razor, gloves, disposable towel

Airway management

Ambu disposable resuscitator

- 6 oral airways (sizes 1–6)
- 1 bite stick

Bandages and dressings

- 1 10"x30" trauma dressing
- 2 rolls 2" and 4" Flexicon gauze
- 2 5"x9" ADB pads
- 10 4"x4" dressings
- 10 ¾" STAT strips
- 1 4 oz. burn gel
- 1 5 ½" Kelly forceps
- 1 Velcro tourniquet
- 1 SAM splint
- 1 Cardura carrying case

Infection control

- 1 blood-borne pathogen kit
- 2 biohazard bags
- 2 pair latex gloves
- 10 medicated antiseptic swabs
- 1 face mask or goggles

EMS supplies

- 1 blood pressure cuff and stethoscope
- 1 EMT all-purpose shears
- 1 disposable penlight
- 1 4½" splinter forceps
- 1 tube Insta-Glucose Gel
- 10 ammonia inhalants
- 1 disposable rescue blanket
- 10 sting relief swabs
- 2 instant cold compresses
- 1 pocket mask
- 2 Rescue Breather CPR face shields
- 132 alcohol prep pads

Medication kit

- 1 can Gebauer's ethyl chloride spray
- 3 Aqua-C hydration needle
- 2 1000 mL IV fluids, .9% NACL
- 2 250 cc normal saline IV bag
- 1 1000 cc Ringer's lactate IV bag
- 2 3 cc syringes
- 2 5 cc syringes
- 2 20 cc syringe with catheter
- 4 25 g butterfly needles
- 4 25 g x ⅝" needles
- 2 18 g x 1.5" needles
- 2 21 g x 1.5" needles
- 2 18 g angiocatheter
- 1 IV administration set
- 3 10 cc lidocaine vials
- 3 3 mL syringe with 25 g 1" needle

WOUND KIT

- 2 first-aid/medical guides
- 1 4"x4.1-yard conforming gauze bandages
- 20 4"x4" gauze dressing pads, 10 2-packs
- 1 12"x30" multi-trauma dressing
- 1 8"x10" trauma pad
- 2 5"x9" trauma pad
- 6 6"x4.1-yard conforming gauze bandage
- 3 Super Stop Bandages
- 6 3"x3" gauze dressing pads, 3 2-packs
- 1 3"x5-yard Latex-free elastic bandages
- 1 box povidone-iodine infection control wipes
- 3 bottles benzoin tincture (helps bandages stick to skin)
- 2 assorted-size skin staple guns
- 2 suture kits
- 2 suture removal kits
- 2 3-0 nylon suture with cutting needle
- 2 5-0 nylon suture with cutting needle
- 6 SAM splints, assorted
- 1 board splint
- 2 scalpel or razor
- 1 extra headlamp or flashlight
- 1 thermometer
- 1 stethoscope
- 1 suction device
- 1 blood pressure cuff
- 4 oropharyngeal airway (OPA)/ nasopharyngeal airway (NPA) sets, assorted
- 1 ring cutter
- 1 otoscope
- 1 bag valve mask
- 1 penlight
- 1 extra headlamp or flashlight
- 2 hot/cold packs
- 2 forceps
- 2 shears
- 1 tube double antibiotic ointment

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COASTAL CRUISING FIRST-AID KIT

- 1 tube hydrocortisone cream
- 2 sterile drapes
- 2 staple removers
- 1 6 oz. calamine lotion
- 1 toothbrush
- 1 comb
- 4 safety pins
- 1 soap
- 1 pocket mask
- 1 box adhesive bandages (Band-Aids)
- 1 Coban (vet wrap)
- 1 face shield
- 1 tube alcohol-based hand-cleansing gel
- 3 petroleum jelly or water-based lubricant
- 4 elastic bandages (ACE Wrap)
- 4 Adaptic or Telfa non-adherent dressings
- 1 pack sterile eye pads
- 2 moleskins for blister care
- 5 pairs surgical sterile gloves in two sizes as needed
- 4 bleed-stop (clotting) bandages
- 2 ammonia inhalants
- 2 packages Burnaid dressing
- 1 4 oz. bottle burn gel
- 10 tongue depressors
- 2 Rescue Breather CPR face shield
- 1 face shield
- 1 52"x84" emergency blanket
- 5 24"x24" biohazard bags, 10 gal.
- 1 10"x12" zipper bag
- 1 pack sterile scrub brush
- 1 wet prep green soap sponges
- 1 wound closure strips
- 1 lighter
- 2 1"x10-yard waterproof tape, metal spool
- 1 3"x10-yard porous cloth athletic tape
- 1 4"x5" instant cold compress
- 2 6"x9" instant cold compress
- 1 7¼" utility shears
- 4 3½" deluxe stainless steel tweezers
- 1 triangular bandage (cravat)
- 2 bottles antiseptic solution (povidone-iodine or chlorhexidine)
- 1 60 cc irrigation syringe
- 1 20 cc irrigation syringe
- 1 skin probe
- 1 burn spray
- 1 lip treatment
- 1 first-aid cream
- 1 petroleum jelly
- 1 box of 100 cotton tips
- 1 Cavit temporary filling
- 1 mouth mirror
- 1 dental floss
- 1 bottle oil of clove
- 1 package cotton balls

MEDICATION KIT

- 6 packets oral rehydration mix
- 2 laxatives
- 1 1 oz. water-resistant sunscreen SPF 30
- 1 lip balm SPF 30
- 1 1 oz. zinc oxide
- 1 vinegar
- 1 ear drops
- 1 insect repellent 30% DEET
- 2 eyewashes
- 1 allergy eye drops
- 12 Alamag Plus antacid
- 50 Extra Strength Tylenol
- 50 Motrin
- 16 325 mg aspirin
- 24 antihistamines (Benadryl)
- 1 cough syrup
- 1 Alupent inhaler
- 1 EpiPen
- 1 Medrol Dosepak
- 1 Z-Pak (antibiotic)
- 5 500 mg Keflex
- 5 750 mg tablets Ciprofloxacin
- 50 doses cold medicine
- 50 Diotame (Pepto)
- 24 Diamode (Immodium)
- 1 tube glucose paste
- 6 packs glucose water
- 12 packets hydrocortisone cream 1%
- 1 After Bite sting relief
- 1 Neo-Synephrine nasal spray
- 10 Pepcid AC
- 20 Meclizine
- 1 25 mg suppository Phenergan
- 1 Tolnaftate cream
- 1 antibacterial hand gel
- 6 Tucks medicated pads
- 1 bottle milk of magnesia
- 10 pills Senekot-S
- 4 4 mg pills Zofran
- 10 250 mg Soma (muscle relaxant)
- 5 325 mg tablets Norco
- 5 1 mg tablets Ativan