AMERICA'S BOATING CLUB
UNITED STATES POWER SQUADRONS®

HOUSEHOLD FIRST-AID KIT

- adhesive tape
- elastic wrap bandages
- bandage strips and butterfly closures, assorted sizes
- super glue
- rubber tourniquet or 16-inch French catheter
- nonstick sterile bandages and rolled gauze in assorted sizes
- burn gel
- Dyna-stopper Dressing (blood-stopping)
- eye shield or pad
- large triangular bandage (may be used as a sling)
- aluminum finger splint
- instant cold packs
- cotton balls and cotton-tipped swabs
- disposable nonlatex examination gloves, several pairs
- duct tape
- petroleum jelly or other lubricant
- plastic bags, assorted sizes
- safety pins, assorted sizes
- scissors and tweezers
- hand sanitizer
- antibiotic ointment
- antiseptic solution and towelettes
- eyewash solution
- thermometer
- turkey baster or other bulb suction device for flushing wounds
- sterile saline for irrigation, flushing
- breathing barrier (surgical mask)
- syringe, medicine cup or spoon
- first-aid manual
- hydrogen peroxide to disinfect
- medications
- aloe vera gel
- calamine lotion
- anti-diarrhea medication
- laxative
- antacids
- antihistamine, such as diphenhydramine
- hydrocortisone cream
- cough and cold medications
- personal medications that don't need refrigeration
- auto-injector of epinephrine (Epipen) if prescribed
- pain relievers, such as acetaminophen (Tylenol), ibuprofen (Advil, Motrin) and aspirin*, which may be lifesaving in an adult with chest pain

*If you or someone else has new or unexplained chest pain or could be having a heart attack, call for emergency medical help immediately. Then chew a regular-strength aspirin. However, don't take aspirin if you are allergic, have bleeding problems, take another blood-thinning medication, or if your doctor previously told you not to do so. Never give aspirin to children.