

Basic First Aid Kits

Accidents, injuries, and emergencies happen to everyone, eventually. Proper preparation can keep minor instances minor, and make major instances more comfortable and safe until medical attention can be given.

Everyone should have a basic first aid kit in his or her home and auto. For households that contain children, keeping a kit handy is especially important. A variety of kits can be purchased, or a basic one can be assembled at home. A basic first aid kit should include:

Bandages

- adhesive bandage strips - assorted sizes
- adhesive or surgical tape (assorted widths) for wrapping or for taping together cut edges
- butterfly bandages
- elastic wraps (1-2) for wrist, elbow, ankle, and knee injuries
- gauze bandages - assorted sizes, including rolls
- triangular bandage (5 feet x 3 feet x 3 feet) for wrapping injuries and making an arm sling

Equipment

- absorbent cotton pads and rolls
- bulb syringe for suctioning
- chemical hot pack
- chemical ice pack
- cotton swabs
- eye patches
- gauze pads
- paper cups
- scissors with rounded or blunt-tipped edges
- space blanket
- sterile water (16 oz. Bottle)
- thermometer
- tweezers for removing ticks and small splinters

Medication

- acetaminophen, aspirin, and/or ibuprofen for headaches, fever, and pain (give children acetaminophen instead of aspirin)
- antibiotic ointment or spray for cuts and scrapes
- antiseptic solution (like hydrogen peroxide) or wipes to clean superficial wounds
- bee sting kit (necessary only if there is a known sensitivity to bee stings)
- calamine lotion or hydrocortisone cream for stings or exposure to poison ivy
- sterile eye wash

Basic First Aid Kits, continued

Other

- antimicrobial hand sanitizer or soap
- calling card or change for phone calls, especially if cell phone is not available
- clean string (for a variety of uses)
- clean wash cloths
- disposable latex gloves
- first-aid manual
- flashlight
- paper and pencil
- safety pins
- tissues
- UHT (ultra-high temperature) processed milk (one carton)*

* This type of milk stays fresh unopened for many months without refrigeration. It can be used to preserve a tooth that has been knocked out until you can get to a dentist.

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