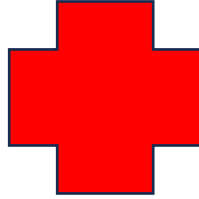


Basic First AID Kit



- Antiseptic wipes
- Soap
- Band aids (lots of sizes)
- Gauze pads and roll
- Tape, adhesive and or paper. Duct Tape can be useful as well
- Self-adhesive wrap
- Elastic wrap, ("Ace Bandage")
- Cotton swabs ("Q-Tips")
- Cotton balls
- Eye drops, sterile saline or contact lens solution to irrigate eyes to release a foreign body or to rinse a corneal abrasion
- A small tube of **POLYSPORIN OINTMENT**, (Polymyxin B + Bacitracin ointment) to apply to a wound, or other if there is an allergy/sensitivity.
- **BLEED STOP**, a powder that will enhance the bodies clotting system
- Liquid Bandage
- Gloves
- Scissors
- Tweezers
- Hemostat or similar clamp device
- Consider: hand sanitizer, chewable acetaminophen ("Tylenol"), chewable Allergy pills, instant cold and hot packs
- Bottled water in boat or cooler

List is updated after input from SHBC members at the meeting.