

## Proposed Large First Aid Kit (for disaster event)

Bandage strips and "butterfly" bandages in assorted sizes  
Nonstick sterile bandages and roller gauze in assorted sizes  
Cotton balls and cotton-tipped swabs  
Sanitary pads  
Paper tape  
Disposable nonlatex examination gloves, several pairs (latex 3 sizes / nitrile 2 sizes)

Aluminum finger split (2 sizes)  
Elastic wrap bandages (ace wraps) 2 sizes  
Instant cold packs, 2

Safety pins in assorted sizes (Miriam)

Scissors and tweezers

Plastic bags, assorted sizes

Forearm sling

Liquid soap

paper towels, 4 rolls (Bounty, half-size perforations)

### **Medications:**

epi pens (2)

Inhalers...albuterol (samples, Jim)

Anti-diarrhea medication: lomotil, or pepto bismol

Laxative: milk of magnesia or dulcolax

Pepto Bismol (for heartburn, indigestion, nausea, upset stomach, and diarrhea)

Antihistamine: diphenhydramine

Pain relievers: acetaminophen (Tylenol) ibuprofen and liquid/chewable for children (Advil/Motrin)

aspirin (never give aspirin to children under 2 OR children/teenagers recovering from chickenpox or flu-like symptoms)

Hydrocortisone cream

Antibiotic ointment (box of individual packets)

Cough and cold medications

Peroxide, 4 bottles

Normal saline, 4 one-liter bottles, or bags and tubing

50 cc syringes, 2 (wound irrigation)

20 cc syringes, 2

Small syringes (Jim)

Paper masks

Sunscreen

Insect repellent

Aloe vera gel

Chinese medicine herbs and tinctures

Digital thermometer

C-collar (Jim)

One-way valve Ambu bag

### **Other useful items:**

Small notepads -3

Waterproof pen

Duct tape

Small waterproof flashlights

Headlamp

Extra batteries

Waterproof matches

Emergency phone numbers, including contact information for your family doctor and pediatrician, local emergency services, emergency road service providers, poison control help line, which in the United States is 800-222-1222. (All on a large-print list taped somewhere on the kit.)

First-aid manual