

## Packing Your First Aid Kit

We've organized this list into 2 rough sections- things we believe most people will want to have in a complete kit in the first section and extras in the second section. We like the extras, and various ones of us carry more or less from the second list depending on the specific action (ie is it raining or snowing, is it 100 degrees outside), how much room we have in our pack, and finally what we both have experience using and have access to. Things like epi-pen and several of the herbs in the second section will only be useful if you can not only get them but also use them responsibly.

Finally give some thought to your pack- both the pack itself (most of us use shoulder bags as they afford quicker and easier access on the fly) and how it's packed. What do you want on the outside for easy access? what needs to be kept dry? what things do you often or always use together so should be kept together? We all change our packs and how they're packed around a lot before we find the combination that works for us.

### The Basics:

Water- preferably in a sport- top bottle

Non-latex gloves

Gauze - sterile and non-sterile 4x4's - have some of each

Maalox mixed 1:1 with water in a squirt-top bottle

Band-Aids (S, M, L, knockle, etc.)

Antiseptic wash (like witch hazel or iodine)

Paper tape

Arnica (homeopathic)

Rescue remedy

Pen and paper

Watch

Emergen-C powder or other re-hydration drink mix

Paper bag (for hyperventilation)

Sun screen (alcohol based)

Mineral (or other) oil and alcohol (only if you fully understand how to use them!)

Energy bars

Bandana (in a ziplock, soaked in apple cider vinegar)

Safety pin or 2

The extras (remember no one carries all of this so pick and choose- they're not listed in the order of importance)

Sam splint

Ace bandage

Cake icing tube (diabetic emergencies)

Benadryl

Calendula/st. john's wort/arnica topical salve

Apis (homeopathic for bee stings & allergy)

Skull cap/lavender tincture 1:1

Asthma inhaler

Epi-pen (epinephrine, for anaphylaxis)

Tampons (good for nose bleeds too)

Topical antibiotic ointment

Space blanket

Clean t-shirt sealed in a bag

Extra plastic bags

Bandage scissors

EMT shears

Chinese burn salve

Tongue depressors (for splinting fingers)

Flash light/pen light

Mole skin

Matches

Goggles

Ice pack(s)/heat pack(s)

CPR face shield

Cloth sling

Eriogonum cinnamon tincture (to help stop bleeding)

Yunnan Pai Yao (Chinese remedy for serious bleeding)

Charcoal tablets (for GI upset & topically for inflammation, stings)