

First Aid & Emergency Kit Content Lists

Here are two lists (a first aid kit and a comprehensive emergency kit) that you can use to make sure you've got all the necessary supplies for when an emergency arises.

How To Use These Supply Lists

These lists are meant to be a guide for you, a checklist of sorts, to help you remember what you may need and to make sure it is on hand at all times.

I suggest printing out a copy of the list for yourself and placing it in the first aid kit that you create, or purchase, so you can make sure you keep all the necessary supplies in stock as they're used, or as they expire and need to be replaced with fresher versions.

It is best to re-check your supplies at least every six months, to make sure you have a chance to replace older supplies before an emergency itself occurs.

The first aid kit you keep handy is meant to deal with minor first aid issues. It should be separate from the larger emergency kit that you keep with your emergency supplies. Your first aid kit should contain some easily accessible first aid supplies that aren't necessarily mixed in with your disaster supplies.

A basic first aid kit is needed for when minor emergencies arise and the lists below can give you good guidance for what items should be included in your basic first aid kit and with your emergency supplies, as well. Have one at home and keep another in your car. Use it when needed during farm tours and at your booth when you attend farmers markets, festivals, fairs, etc.

Further, the list below is merely a guide. Each family's needs are unique, so you may need to add or subtract items as circumstances change in your home, including as your children age (or new children are born).

Here are the supplies you'll need to keep for your travel kit.

Basic First Aid Kit - Contents List

- Adhesive bandages (various sizes)
- Liquid bandages (optional)
- Antibiotic ointment and/or antiseptic wipes or spray
- Sterile gauze (in rolls and pads)
- Medical Tape
- Absorbent pads
- Cold compress (have instant ones available, and also keep reusable ones in the freezer)
- Hydrocortisone ointment
- Rubbing alcohol
- Hydrogen peroxide
- Hand sanitizing gel
- Eye wash solution (with eye cup)
- Sterile saline solution
- Sunburn relief ointment
- Cotton balls
- Cotton swabs
- Disposable medical gloves
- Ace bandages
- Blunt tip scissors (for cutting gauze and medical tape)
- Tweezers
- Magnifying Glass
- Fine needle (for helping remove small splinters)

These are the supplies you'll need to keep for your home kit.

Complete Home Emergency Kit - Contents List

- Adhesive bandages (various sizes)
- Liquid bandages (optional)
- Antibiotic ointment and/or antiseptic wipes or spray
- Sterile gauze (in rolls and pads)
- Medial Tape
- Cold compress (have instant ones available, and also keep reusable ones in the freezer)
- Hydrocortisone ointment
- Calamine lotion
- Rubbing alcohol
- Hydrogen peroxide
- Hand sanitizing gel
- Eye wash solution (with eye cup)
- Sterile saline solution
- Sunscreen (at least SPF 15)
- Sunburn relief ointment
- Cotton balls
- Cotton swabs
- Disposable medical gloves
- Ace bandages
- Thermometer (get one appropriate for age of user)
- Bulb syringe
- Medical dosage spoons
- Blunt tip scissors (for cutting gauze and medical tape)
- Tweezers
- Magnifying Glass
- Fine needle (for helping remove small splinters)
- Save-a-tooth system (for preserving knocked out teeth so they don't die before dentist can put them back)
- Fever and pain reducers *
- Antacids
- Nausea medication *
- Anti-diarrhea medication *
- Oral electrolyte solution *
- Mild laxatives *
- Antihistamines *
- Cold and/or flu OTC medication *
- Cough medicine *
- Prescription medicines (only for family members with prescriptions)
- First aid instruction booklet (see below for suggestions)
- Notification of any family members with allergies, in case emergency personnel need to come assist
- Contact information for family doctor, dentist, and emergency contact numbers for family members (work and cell)
(you can fill out this emergency contact list printable from the site if you want)

* Indicates you should have both a children's version and adult version on hand, if needed.

There are many types of booklets giving simple instructions for first aid, but the one I recommend is the "American Red Cross First Aid & Safety Handbook". It is available at Amazon.com .
