FIRST AID KIT

With a personal first-aid kit, you can treat minor injuries on your own. You can also care for more serious problems until you can receive professional treatment.

Here are some of the essentials to include:

- Adhesive bandages, assorted sizes
- Adhesive tape (1” wide)
- Antacid
- Antibiotic ointment
- Antihistamine
- Antiseptic wipes
- Cough drops
- Cold pack (disposable)
- Cotton balls
- Cotton–tipped swabs
- Disposable hand wipes
- Elastic Bandage (3” wide)
- Flashlight and extra batteries
- Gauze pads
- Pain–relief medicine, such as aspirin, acetaminophen, or ibuprofen
- Scissors
- Thermometer (NOT mercury)
- Tissues