



Garland Radio Amateur Civil Emergency Service

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First Aid Kit Recommendations

<u>Quantity</u>	<u>Item</u>
<input type="checkbox"/>	2 ABD Combine Pad (5"x9") (High Absorbency)
<input type="checkbox"/>	50 Adhesive Bandages (Multiple Sizes)
<input type="checkbox"/>	1 Adhesive Waterproof Tape (1/2" x 5 yds)
<input type="checkbox"/>	6 Antiseptic Wipes
<input type="checkbox"/>	20 Assorted Flexible Fabric Bandages
<input type="checkbox"/>	1 Cold Pack
<input type="checkbox"/>	1 Cotton Sterile Roll (1/2 oz)
<input type="checkbox"/>	2 Eye Pads
<input type="checkbox"/>	1 Eye Wash
<input type="checkbox"/>	4 Gauze Pads (3" x 3")
<input type="checkbox"/>	2 Gauze Roll (2")
<input type="checkbox"/>	1 Elastic Bandage (3") (ACE Bandage)
<input type="checkbox"/>	5 Non-Adhesive Pads (2" x 3")
<input type="checkbox"/>	1 Scissors
<input type="checkbox"/>	2 Triangular Bandage (40" x 40" x 56") or clean linen cut to size
<input type="checkbox"/>	1 Tweezers
<input type="checkbox"/>	2 Pair Non-Latex Gloves
<input type="checkbox"/>	1 Personal Protective Face Mask
<input type="checkbox"/>	1 Moleskin (3" x 4")
<input type="checkbox"/>	2 Safety Pins
<input type="checkbox"/>	1 OTC Pain Reliever
<input type="checkbox"/>	1 OTC Decongestant/Antihistamine
<input type="checkbox"/>	6 OTC First Aid Cream Packets/Antibiotic Ointment (Neosporin)
<input type="checkbox"/>	1 OTC Indigestion/Heartburn Relief
<input type="checkbox"/>	1 OTC Anti-diarrhea Medication
<input type="checkbox"/>	6 OTC Anti-itch Cream
<input type="checkbox"/>	6 Germicidal Hand Wipes or Waterless Alcohol-based Hand Sanitizer
<input type="checkbox"/>	1 CPR Pocket Face Mask
<input type="checkbox"/>	1 First Aid Instruction Chart

There are kits offered by several suppliers that come close in contents to this list. This list has been tailored to our needs and can fit into a very compact package.

Reference: Compiled by Marshall Gardner, EMT Paramedic - KA5MLG (594) 5/13/2004