

## First Aid Kits

### *"Semper Paratus"*

By Swineson of Head Clan

I try every winter to evaluate my supplies and equipment for the coming medieval year. It so happens I noticed my first aid kit has been showing some wear and tear for supplies. I am not sure what I had before and therefore had to make a list for my kit. To some this may seem a deluxe version of a first aid kit, but it can also be used as a household kit. I am not trying to act like a doctor or a nurse in the future, but rather be prepared for a possible situation. I feel more comfortable in having the item and not using it, than to wishing I had an item. You can adjust the size of the kit to your liking.

As always, discretion on medication to a stranger or a child is **always** advised due to drug reactions, dosage, and liabilities. Remember to use common sense when giving First Aid or handing out your kit to someone giving aid.

For further information contact the Leach Guild or the Red Cross.

Items in the Camping Kit	
3 - Antiseptic Cleansing Towelettes	1 - Tube of Anti-Bacterial Soap
2 - Iodine Swabsticks	2 - Sting Relief Ampoules
3 - Sooth a Sting Wipes	1 - Finger Splints
1 - Bandage Scissors 5 1/2"	1 - Disposable CPR face-shield
1 - Bandaid Assortment	1 - Triangular Bandage
1 - 3" x 4.5 yd Sterile Gauze Bandage	1 - 2" x 4.5 yd Sterile Gauze Bandage
1 - Eye Wash 1/2 oz sterile	1 - Compress Bandage 4"
Eye Wash Cup	Calamine Lotion
1 - Aloe Vera Gel 3/4 oz.	1 - Adhesive Tape 1" x 10 yd
1 - Elastic Bandage 2" roll	2 - Instant Cold Pack 5" X 6.5"
2 - Ammonia Inhalants	2 - 2" x 2" Sterile Gauze Pads
2 - 3" x 3" Sterile Gauze Pads	1 - 4" x 4" Sterile Gauze Pads
2 - Non Adherent Pads 2" x 3"	1 - Non Adherent Pads 3" x 4"
1 - Sterile Eye Pads	1 - Combine Dressing 5" x 9" (sterile)
2 - Latex Gloves (large)	Small box of Cotton Tip swabs
3 - #3 Safety Pins	3 - antibiotic Ointment 1/32 oz.
Small bottle of Hydrogen Peroxide	Sterile Cotton puffs
3 - Hydrocortisone Cream 1.0% 0.9 gm 1/32oz.	2 - Iodine Ointment 1/32oz
Small bottle of antacid	3 - Tylenol (2/pk)
1 - Blisters strips	3 - Ibuprofen tablets (2/pk)
1 - Thermometer sterile	1 - Moleskin Adhesive 3" x 4"
Insect Repellent 1oz.	3 - Blistex Lip Ointment
anti-diarrhea tablets	1 - Sunscreen SPF-60
Bottle Iodine-base water purification tablets	Phone Charge
Small Flashlight	Tweezers and a needle
Waterproof matches and Candle	Whistle
Bottle of Rubbing Alcohol	Safety Pins
Baking Soda	Sharp Small knife
Small notebook and pen (record symptoms)	<b>A Good First Aid Manual</b>