

First Aid Kit Bits (from Dr. Larry Koenig)

Personal gear

- Sunscreen, DEET, lip balm
- Personal medicines
- Dental floss
- Duct tape
- Ziplock bags, water, ice

Bandaging Bits

- Super glue
- Bandaid type strips (several in different sizes including knuckle/fingertip – consider Spyroflex, Tegaderm style)
- Spenco Second Skin (for burn dressing and blisters)
- Gauze pad – 4" x 4" (for covering wounds, scrubbing, direct pressure)
- Gauze roll – 3"
- Wound closure strips (like butterfly bandages for closing wounds)
- Benzoin (for toughening skin, making tape stick)
- Adhesive type tape (some is listed as waterproof)
- Elastic (Ace) bandage – 3" and 4" (compression of sprains and to hold bandaging in place)
- Antibiotic ointment (double is best – less allergy – but triple with Pramoxine, such as Neosporin Plus, eases pain. An ophthalmic antibiotic can serve double duty as skin and eye ointment.)
- Iodoform solution (Betadine) – good for wound cleansing, water disinfection (8 drops in 1 quart clean water)
- Sanitary napkins (or tampon which absorbs fluid well and takes up less space)
- Rubber gloves

Topical medicines

- Hydrocortisone cream – 1%
- Clotrimazole cream (Lotrimin – for jock itch, yeast infections)
- Zinc oxide ointment (Boudreaux's Butt Paste)
- Moleskin/molefoam

Tools

- Tweezers, hypodermic needle (for splinters)
- #11 scalpel blade (for draining abscess)
- Scissors
- Q-tips (for removing foreign material from eye, applying Benzoin, rolling fluid out of blisters)
- Safety pins (for contriving slings, general “camp” use)
- Sam splint
- Sawyer extractor (for snake bite, puncture wound)

Medicines (Non-RX)

- Ibuprofen or naproxen
- Benadryl (for sedation, allergy, nausea)
- Imodium (diarrhea, stomach cramps)
- Bisacodyl tablet (Dulcolax – for constipation)
- Rantitidine (Zantac – stomach acid reducer) / antacid tablets
- Epinephrine inhaler (Primatene Mist) – for anaphylaxis, asthma
- Afrin/Sudafed/chlorpheniramine (antihistamine that lasts longer than Benadryl with less drowsiness)

Medicine (Prescription)

- Vicodin/Lortab – acetaminophen/hydrocodone 5mg (for pain)
- Zithromax (for skin, respiratory, ear infections)
- Doxycycline (for urinary tract infection, Vibrio skin infections from salt water) – AVOID SUN
- Cipro (invasive diarrhea, skin infections, UTI)
- Ondansetron (Zofran) ODT (orally disintegrating tablet for vomiting)
- Cavit (dental filling paste)
- Decadron tablets (for severe asthma, allergy, sunburn)
- Bactroban (“killer” antibiotic ointment)