



First Aid Kit

Getting Started

One of the best ways you can keep yourself prepared for emergencies is having a personalized first aid kit. It is easy enough to pick up a premade first aid kit from the store, and this is a great start, but you should not stop there. Think about your specific, individual needs and add the items necessary to customize it. PAWS is one acronym experts use to help you remember the anatomy of a good first aid kit. Please feel free to print this out and use it as a checklist.

Prevention

- Gloves
- Thermometer
- Sunscreen
- Tweezers
- Scissors
- Insect repellent



- Lip balm
- Extra batteries for devices or monitors
- Saline solution
- CPR face shield
- Feminine Products

ANALGESICS/ANTIBIOTICS/ANAPHYLAXIS

- Pain Relief
(Ibuprofen/Acetaminophen)
- Antihistamines
(Diphenhydramine/Benadryl)
- Prescription meds
- Inhaler/EpiPen
- Laxatives/Antidiarrheal
- Indigestion (Tums®)

Wound Care

- Alcohol wipes
- Triple antibiotic ointment
- Gauze pads
- Gauze wraps
- Burn cream
- Rubbing alcohol/peroxide
- Anti-itch cream
- Medical tape
- Medical wrap
- Triangular bandage
- Tourniquet
- Variety of band aids

Survival

- Lighter
- Flashlight
- Mylar emergency blanket
- Whistle
- Paracord

*These are just recommendations; you are by no means required to include or use any items you are not comfortable with. We encourage you to use this as a guide to develop a first aid kit that suits your personal needs.

Conclusion



Now that you know the basic components of a first aid kit, go ahead and make several. Keep one in your home, your dorm room or apartment, your office, your car, and your backpack. Hopefully you will never need to use it, but having a first aid kit easily accessible can be a real lifesaver in an emergency.

Do not underestimate the importance of being prepared! For more resources visit the WCSU Emergency Management Page at <https://www.wcsu.edu/emergency-management/>