



## Basic First Aid Kit Essentials

Whether you're heading into the wilderness, commuting daily, or simply want to be ready for life's unexpected moments, a well-stocked individual first aid kit is a must-have. Unlike bulkier family or workplace kits, a personal kit should be compact, lightweight, and tailored to your specific needs. Here's a breakdown of the most important items to include—and why they matter.

### Basic Wound Care Supplies

This help treat cuts, scrapes, and minor injuries quickly and cleanly:

- Adhesive bandages (various sizes): For small cuts and blisters
- Sterile gauze pads: To cover larger wounds
- Adhesive tape: Secures gauze or dressings
- Antiseptic wipes or solution: Cleans wounds to prevent infection
- Antibiotic ointment: Speeds healing and reduces infection risk

### Tools & Instruments

Compact tools that make treatment easier:

- Tweezers: For removing splinters or ticks
- Small scissors: To cut tape, gauze, or clothing
- Thermometer: To monitor fever or illness
- Safety pins: Useful for securing bandages or slings

### Protection & Hygiene

To keep both you and the injured person safe:

- Disposable gloves: Prevent contamination
- Face mask: Reduces exposure to airborne germs
- Hand sanitizer: Cleans hands when soap and water aren't available

### Medications & Topicals

Over-the-counter remedies for common ailments:

- Pain relievers (ibuprofen, acetaminophen): For headaches, sprains, or fever
- Antihistamines: For allergic reactions
- Hydrocortisone cream: Soothes itching and rashes
- Calamine lotion: Relieves irritation from insect bites or poison ivy
- Antidiarrheals and laxatives: For digestive issues
- Cough drops or cold meds: For respiratory symptoms

### Injury Management

For sprains, strains, and swelling:

- Elastic bandage (ACE wrap): Supports injured joints
- Instant cold pack: Reduces swelling and pain
- Moleskin: Prevents and treats blisters

### Eye & Skin Care

Specialized items for sensitive areas:

- Sterile eyewash or saline solution: Flushes out debris
- Cotton balls and swabs: For gentle cleaning



### **Personal & Emergency Items**

Tailor these to your lifestyle:

- Emergency contact card: Includes medical info and phone numbers
- Prescription medications: A small backup supply
- First aid manual or cheat sheet: Quick reference in a crisis

### **Pro Tips for Packing Your Kit**

- Choose a durable, waterproof pouch to keep items safe.
- Check expiration dates regularly and restock used items.
- Customize your kit based on your activities—add insect repellent for hiking or burn cream if you cook outdoors.

A personal first aid kit isn't just about bandages—it's about peace of mind. With the right supplies, you'll be ready to handle minor mishaps and keep moving forward.

The American Red Cross recommends that all first aid kits for a family of four include the following:

- ☐ 2 - absorbent compress dressings (5 x 9 inches)
- ☐ 25 - adhesive bandages (assorted sizes), also found within our Family First Aid Kit
- ☐ 1 - adhesive cloth tape (10 yards x 1 inch)
- ☐ 5 - antibiotic ointment packets (approximately 1 gram)
- ☐ 5 - antiseptic wipe packets
- ☐ 2 - packets of aspirin (81 mg each)
- ☐ 1 - emergency blanket
- ☐ 1 - Breathing barrier (with one-way valve)
- ☐ 1 - instant cold compress
- ☐ 2 - pair of nonlatex gloves (size: large)
- ☐ 2 - hydrocortisone ointment packets (approximately 1 gram each)
- ☐ 1 - 3 in. gauze roll (roller) bandage
- ☐ 1 - roller bandage (4 inches wide)
- ☐ 5 - 3 in. x 3 in. sterile gauze pads
- ☐ 5 - sterile gauze pads (4 x 4 inches)
- ☐ 1 - Oral thermometer (non-mercury/non glass)
- ☐ 2 - triangular bandages
- ☐ 1 - Tweezers
- ☐ Emergency First Aid instructions

Shop [ThresholdConsulting.org](https://ThresholdConsulting.org) for family, outdoor and OSHA compliant first aid kits.