

What Should be in a First Aid Kit?

You can purchase a kit at the drug store or at a hunting and camping store. You have lots of options. Do not let them overwhelm you.

Here are some questions to help you refine your search:

-  What training do you have?
-  How do you think you will use the kit?
-  Is this a kit that will stay in your glove compartment?
-  Will you put it in your safe room?
-  Will you take it on a hunting trip or to soccer practice?
-  Do you or your kids have any special requirements?
-  Are you or your kids prone to specific injuries or illnesses?

These questions will help you move into the right direction for you. Many people start with a simple kit that they get at the sporting goods store and expand this kit over the years.

Try this approach and you can't go wrong:

-  Start simple. A box of bandages can be a big help in a first aid situation.
-  Get some training. Red Cross first aid and CPR covers a wide variety of aid and situations. There are several levels of first aid training available. Consider going further to EMT Basic training at a local community college.
-  Have the medications needed by the group (family and friends). An inhaler is a good thing to have for someone who needs it, but it only works if you know where it is and when to use it.
-  Expand your kit or get another kit tailored to the specific activity. I have several kits that I have in different rooms for different activities. The one in the shop differs from the one in the kitchen and the one in my truck. The one for the firing range is **VERY** different from these. My kitchen first aid kit does not have sunscreen! Kits do not have to be elaborate, just thought out.
-  Use the technology that is available. There are new bandages available that help coagulation. They can make a difference if bleeding is severe. CPR with a breathing barrier keeps the cooties away. Use it.
-  Most first aid kits contain items that clean and protect the wound and the care giver. They are that simple.
-  If you have a first aid kit, make an inventory and replenish it when necessary. This is the number one fault with kits that sit on the shelf for years. You need to look at it to see if the bandages are still ready to use and if they are still there.

Remember: You can make a difference and handle a situation if you are prepared.