

## **First Aid Kit**

- 4 Sanitary napkins (use as gauze or to cover large wounds)
- 1 Pair of surgical scissors (to cut off clothes)
- 2 Emergency blankets (to keep you warm, dry and prevent shock)
- 1 CPR Microshield (clear mouth barrier) (for CPR)
- 2 Pair of disposable vinyl gloves (to prevent contaminating wounds, and to prevent getting body fluids on ones self)
- 1 Rescue breather with 1 way valve (CPR)
- 1 Tube of first aid cream
- 1 Roll of 1 first aid tape
- 1 Roll of ½ first aid tape
- 1 4 self adhering athletic ACE bandage (to immobilize limb, hold on sanitary napkins, etc.)
- 1 Gallon freezer bag (to hold all the stuffff)
- Several ½ and 1 inch Band-Aids (small cuts)
- 4 Benedryl (insect bites ????)
- Sugar packets (helps promote clotting)