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First Aid	Comments
!Get fresh supplies of all prescription medicine (and don't forget medicines for babies and pets)	One week supply at a minimum. One month is better.
!The "First Aid at a Glance" guide from the Red Cross, or similar.	
Adhesive tape	
Afrin	Nasal decongestant
After Bite (for relief of itching)	
Alcohol: Isopropyl	
Alka Seltzer (or other antacids)	
Baby Oil	
Bactine	
Baking soda (makes a good paste to put on insect stings).	
Bandage scissors	With rounded safety tips
Benadryl	
Blood Pressure Gauge	
Box of assorted sizes of band aids	
Butterfly bandages	Useful for broken or sprained arm
Calamine lotion	
Chap stick	
Cold medicines	
Cold pack	
Contact lens supplies	
Cotton balls	
Cotton swabs	
Cough drops	
Cough syrup	
Decongestant	
Diarrhea medication (such as Imodium AD)	Stress and new foods may bring on diarrhea.
Disposable safety razor	
Dressing - 2"x4"	
Dressing - 4"x4"	
Dust mask	
Ear plugs	
Emetrol	Nausea medication
Eye dressing	
Eye pads	

Eye wash	
Eyeglass repair kit	
Glass eye cup	To wash out dust or debris from eye
Grooming kit	
Hand sanitizer	
Hand soap	
Headache medicines	
Hot pack	
Hydrogen Peroxide	
Insect repellent - Adult	Those containing DEET work best for adults. Consult warning label regarding use of DEET on children.
Latex gloves	
Leatherman universal tool	
Lip balm	
Listerine	
Magnifying glass	To repair glasses, find splinters
Milk of magnesia	
Murine	
Nail clippers	
Nail file/emery board	
Needle	For removing splinters
Oil of Cloves	For toothache pain
Pain Medicines	Advil, aspirin, Aleve, etc.
Quarters	For pay phones
Safety Pins	
Salt	Get the little packets from a fast food restaurant to use as a salt gargle.
Sanitary napkins (can double as bandages)	
Scissors	
Sewing kit	
Small bars of soap	Hotel size works great for limited shower use
Small flashlight	
Small mirror	Can also be used as an emergency signaling device
Sterile gauze pads in several sizes, and especially big sizes.	Get the ones that are individually wrapped so the rest remain sterile.
Sun screen	
Sunburn ointment	

Suntan lotion	This is really important. If you end up working outdoors to make repairs, a sunburn is very annoying when there's no air conditioning!
Temporary splint	
Thermometer	
Three inch sterile gauze roll	
Tissues	
Toilet paper	
Toothbrush & paste	
Triangle Bandage	
Tums	
Tweezers	
Two-inch sterile gauze roll	
Tylenol Extra Strength	
Vaseline petroleum jelly	
Vicks Day Care	
Vicks nasal inhaler	
Vicks Vaporub	
Fill in remaining items for your personal needs...	