

Make your own “on the go” first aid kit

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You can buy simple first aid kits in many stores. Yet those may not contain the things you prefer or use most often.

Is there a better first aid kit?

Yes! It's one you put together yourself. But first, here are some items that should be included in any basic kit¹:

- Disinfecting spray to clean cuts and scrapes
- Pre-packaged alcohol swabs
- Antibiotic cream
- Band-Aids® of different sizes
- Hand sanitizer gel
- Non-stick sterile gauze pads
- Waterproof tape
- An ace bandage
- An instant cold compress
- Oral antihistamine like Benadryl®
- Lotion or cream for itchiness
- Cream or gel for burns
- Pain relief pills
- Anti-diarrhea tablets
- Tweezers
- Scissors
- First aid instruction booklet

This list features supplies to treat the most common minor injuries: cuts, scrapes, stings, splinters, burns and sprains.² Now to personalize your kit, you need to take a few more steps.

Think about your special concerns. For example, do you or a family member need a specific remedy for a food or other allergy? Do you have an illness or condition that could require prescription medication in an emergency? Be sure to include these items. Also make a list of your doctors' names and phone numbers for handy reference and put it in the kit.

As for the kit container: Something see-through is easiest to access. You can use plastic sandwich or storage bags that “zip” closed. A cosmetic bag will work too. Or invest in a small, clear plastic box with a lid.

Finally, check the expiration dates on all the items in your kit once a year. That way you can replace anything that's beyond its “best used by” date.

Stay safe and keep your personalized first aid kit handy. Hopefully you'll never need it!

¹Compiled from www.redcross.org and www.webmd.com

²www.webmd.com