

Idaho Falls Pediatrics

First Aid Kit

A first aid kit may be needed at home, on a vacation, or while hiking or camping. The kit should be kept in a small portable box. The following items should be included:

- Band-Aids
- sterile gauze pads - both regular and nonstick type
- adhesive tape (1/2-inch width)
- Steri-Strips (for closing minor cuts)
- small bar of soap
- alcohol wipes
- elastic bandage (for sprained ankle)
- triangular bandage (for sprained ankle or arm injury, or as a tourniquet)
- needle and tweezers (for removing slivers or ticks)
- razor blade (for poisonous snake bite)
- small scissors
- meat tenderizer powder for bee stings
- insect repellent
- sunscreen
- adrenalin and syringe (optional, needed if a family member has a severe allergy to bee stings)
- a list of allergies and medicines for each person in the family
- extra supplies for hiking or camping:
 - compass
 - whistle
 - flashlight
 - matches
- optional medicines for camping:
 - antibiotic ointment
 - hydrocortisone cream
 - antihistamines such as Benadryl acetaminophen or ibuprofen.

(Note: Hydrogen peroxide solution is unnecessary. It's no better than soap and water for cleaning wounds.)

*NOTE: This information is provided as a public educational service. The information does not replace any of the instructions your physician gives you. If you have a medical emergency please call 911 or call the Hospital at (208) 529-6111. If you have questions about your child's care, please call Idaho Falls Pediatrics at (208) 522-4600.