

First Aid Kit What Do You Put In It?

These are the recommended items to include in your First Aid Kit:

- Sudafed-30 mg.
- Sunscreen—15 SPF or higher.
- Thermometer (Digital)
- Tweezers.
- Latex or Other Sterile Gloves.
- Instant cold/hot compress.
- Ace Bandages.
- Antiseptic wipes
- Ammonia capsules (Smelling Salts)
- Antibiotic Ointment (Not Neosporin)
- Bandages (assorted sizes, flexible material)
- Calamine Lotion (Not Caladryl)
- Cortaid Cream (1% Hydro-cortizone)
- Elastic Bandage Wrap
- First Aid Book
- Needle for Removing Splinters
- Immodium AD
- Non-Drowsy Antihistamine tablets
(Claritin)
- Pain/fever reducer tablets (Tylenol or
Advil)
- Robitussin PM
- Scissors (Small Pair)

Taken from TAMU Health Education September web newsletter