

This year let's get prepared in 12 months! One month at a time of course!



## Basic List of Medical and First Aid Supplies

**Bandaging:** (all in assorted sizes) Ace bandages, gauze rolls, sterile dressings, Band-aids (make sure to include butterfly and fingertip/knuckle), sanitary napkins, individually packed, 1" tape, cloth plastic or paper, super glue for wound closure, triangular bandages.

**Colds:** Antihistamine, decongestants, cold medicine of choice, cough lozenges and/or syrup, vitamin C, Benadryl and others as desired.

**Disinfectants:** alcohol, alcohol preps individually wrapped, gel hand sanitizer, waterless, hydrogen peroxide, bar soap, water purification tablets.

**Eye Care:** Lubricating eye drops, contact lens solutions

**Gastrointestinal relief:** Antacid liquid or tablets, anti-nausea such as Dramamine, Diarrhea medicine such as Imodium, Glycerine suppositories, laxative, Pepto Bismol and/or Alka-Seltzer

**Insect bites and stings:** Baking soda, Benadryl for allergic reactions, Calamine or Caladryl lotion.

**Ointments,** KY jelly, water-soluble, Mentholatum, Petroleum jelly, zinc oxide, triple antibiotic ointment (Neosporin)

**Pain Relief:** Aspirin & Non-aspirin pain reliever, Earache, toothache drops, Prescribed medicines, Tylenol drops for babies.

**Skin Rashes-Allergic reactions:** Antihistamine tablets & syrup, Benadryl or Caladryl, Hydrocortisone cream, prescribed medicines.

**Miscellaneous:** Favorite home remedies, first aid manual, lip balm, Insect repellent, Personal medications and equipment (insulin, syringes, heart meds etc.) Sun screen.

**Tools and Equipment:** Container (such as a tackle box, plastic box, etc.) Collapsible drink cup, paper cups, (Consecrated Oil- If LDS), dental floss, Gloves, heavy duty work and latex, instant ice pack, matches, waterproof container, medicine dropper, dose cups, Q-tips, penlight, batteries, pocket knife, pocket mask, other barrier device to use in CPR, scissors, Bandages, Sewing needles, thread, safety pins, splinting materials, thermometer, tongue depressors (many uses) and tweezers.

### JUST STARTING?

Divide amounts above by 4 for a three-month supply.

Always buy what you eat to make it easier to use the first in first out method and keep things rotated.

Need help in amounts?

The links below calculate amounts for you:

<https://www.thefoodguys.com/foodcalc.html>

<https://www.familysurvivalplanning.com/food-storage-calculator.html>

\*Each of these are slightly different but the same basic concept.

### DON'T FORGET!

Vitamins and medication

(cold and flu remedies, pain reliever, first aid supplies)

Non-food items

(toilet paper, foil, soap, shampoo, toothpaste, garbage bags, cleaning and sewing supplies, matches, manual can opener, tools, canning supplies – bottles lids and rings- etc.)

### MONEY SAVINGS NOTES!

If you save:

\$50 a month end the year with \$600

\$100 a month end the year with \$1200