

First Aid Kit Contents – Altoid can with red cross on lid

Already in place: razor blade attached inside lid with tape

Suggested order:

2 x 3 adhesive bandage (1)

2 x 2 gauze (2)

1 x 3 adhesive bandage (2)

moleskin (1)

Plastic zip-lock bags (5):

Drugs to add based on your needs:

for example aspirin, Advil, Tylenol, Pepto Bismol, Benadryl

consider taping these bags to inside of lid

alcohol wipes (3)

antiseptic wipes (2)

antibiotic ointment (1)

Sting eze or After Cuts & Scraps (1)

duct tape 24 inches x 1" (1)

In plastic bag:

sewing needle with 3' of thread (1)

straight pin (3)

safety pin (1)

tweezers (1)

medical adhesive tape, 12 inches wrapped on paper clip

Rubber band (2) – to use as tourniquet – wrap around outside of packed Altoid can

To water proof Altoid can and contents: wrap outside edge with duct tape