BEST PREP.

GUIDE 09 · PRINT IT AND KEEP IT WITH YOUR KIT

FIRST AID KIT BY PRIORITY

First what saves a life, then the everyday.



3	1-2 WK	6 MONTHS
priority levels	of chronic medication	between expiry checks

01

LEVEL 1: SAVES A LIFE

- Emergency pressure bandage
- Plenty of sterile gauze
- Nitrile gloves and trauma shears
- Tourniquet (if trained) and space blanket

02

LEVEL 2: EVERYDAY CARE

- Bandages, wound closure strips
- Medical tape, rolled bandages
- Saline and antiseptic
- Tweezers and thermometer

03

LEVEL 3: OVER THE COUNTER

- Acetaminophen: pain and fever
- Ibuprofen: bumps and sprains
- Antihistamine, loperamide
- Oral rehydration salts

04

PERSONAL ITEMS

- 1-2 weeks of chronic medication
- Epinephrine auto-injector if needed
- Inhalers, glucose meter, batteries
- A sheet with allergies and conditions

05

WHAT YOU DON'T NEED

- Hydrogen peroxide or alcohol on wounds
- Suture kits without training
- Cheap kits full of filler

06

MAINTENANCE

- Expiry dates every six months
- Closed box, cool, out of kids' reach
- Smaller kit in the bag and the car

! The best kit is useless if you can't use it. Take a first aid course: one weekend is enough to start.