

## First Aid Kit (Basic Personal)

The Basic Personal First Aid Kit is to be carried at all times and is for you to use in a personal emergency and/or for the Medic to use on you.

Place all First Aid supplies in zip lock bag(s) to keep from becoming contaminated/wet.

- 2 Sets Gloves - Nitrile or vinyl (NOT latex)
- 2 4x4 Gauze Pads
- 3-4 2x2 Gauze Pads
- 1 Abdominal Pad
- 2 Eye patches – or increase qty 2x2 gauze
- 1 Gauze Roll
- Moleskin – at least 4”x4”
- 10 Medium Band-aids
- 5 Large Band-aids
- Adhesive bandage tape rol
- 4” ace elastic bandage
- 10 Alcohol Swabs
- Antiseptic wipes or gel
- Face mask – suggest M-95 or M-99
- 1-2 antibacterial ointment
- 1-2 Blistex Lip Ointment
- 1 Sting Soother
- 1 Pack of Head Ache Meds
- 1 Pack Anti Diarrhea Meds
- 1 Pack Antacid
- 1 Oragel
- Sunscreen lotion – UVA *and* UVB
- Prescription medications
- Worker’s Compensation form
- WC Reporting Instructions
- Incident Notice form

<http://www.meddet.com/equipment.php#FirstAidKits>

Worker’s Compensation Form link:

[http://sbwc.georgia.gov/vgn/images/portal/cit\\_1210/49/35/13139736wc001.pdf](http://sbwc.georgia.gov/vgn/images/portal/cit_1210/49/35/13139736wc001.pdf)

**RED Dog Tag** - Include *entire* SSN, Blood Type, *Allergies*

**Personal medical information** – in breast POCKET under name:

NAME: _____	DATE: _____
UNIT: _____	DOB: _____
	SSN: _____
MEDICAL CONDITIONS: _____	
ALLERGIES: _____	
Rx (name, dose, frequency): _____	
NEXT OF KIN (relationship and phone numbers, at least <i>TWO</i> ):	
_____	
_____	