

## Do It Yourself: Every Day First Aid Kit

First Aid Kits come in a wide variety of options, sizes and contents. A standard, pre-made First Aid Kit is probably perfect to have in your home and car. (Visit [American First Aid Kit](#) for many great options - they also sell refill items separately so you don't have to purchase a whole new kit just for a few items.) But if you're looking for a small, practical, every day kit that you can carry around in your purse or diaper bag, the options for quality kits seem to decrease. You don't need 27 bandaids and a glow stick in your purse.

Here are some suggestions for creating your own First Aid Kit. Depending on your every day activities, you may not need to carry around all of these items. You have to find your own balance between being prepared for every day situations (and the unexpected emergency) and carrying as few items as possible.

1. **Everyday Medicines** - Depending on your own medical needs, you should carry a few basic medications. For example, I occasionally have migraine headaches. These are rarely predictable and usually occur at a bad time. So, I always carry Excedrine Migraine wherever I go just in case a headache pops up. Some other medications you may want to carry: Benadryl, Clariten, Tylenol, Aleve, children's Benadryl, Tums, cough drops and anything else you might use at any given moment while you're away from home.
2. **Wound Care** - Remember that this is for "every day" use - not the unexpected disaster (your disaster First Aid Kits are in your car and house). You probably don't need to carry rolls of gauze. But, you should be prepared for minor boo-boos. Benadryl cream or spray for bug bites, Neosporine cream or spray for skinned knees, a few bandaids, a couple antiseptic cleansing wipes and maybe a trial sized tube of sunblock just in case mom forgets.
3. **Germ Fighting** - Always a good idea to have a couple Wet Wipes or some hand sanitizer when your out with little ones who are likely to touch gross things.
4. **Emergency Medical Information List** - It's hard to think about being in a situation where we couldn't care for ourselves or (especially) our children. But, if you were to be in a disaster situation where you were unavailable to assist with your own (or your child's) care, it would be helpful to have pertinent information written down where first responders could find it and therefore give appropriate treatment. Type up a list of the following information (for every member of your family) and carry a copy in your First Aid Kit and in your wallet:
  - a. Name
  - b. Date of Birth
  - c. Blood Type (if known, or just type "Blood Type Unknown")
  - d. Any Drug Allergies
  - e. Any Other Allergies (i.e. - bee stings or peanuts)
  - f. Dates of any Major Surgeries
  - g. Any Pertinent Medical History (i.e. - asthma, ASD, etc.)
  - h. Emergency Contact Names & Numbers (be sure to include cell phone numbers for yourself & spouse as well as one or two people outside your immediate family)
  - i. Physician Information (pediatrician name and number, any specialist such as a cardiologist)

You can also check [Ready.gov](#) for additional First Aid Kit suggestions as well as disaster preparedness ideas.