

This is the minimum that you should have for any first aid kit when on a boat anywhere.

Bandage Materials

- 10 - Bandage, Adhesive, Fabric, 1" x 3"
- 10 - Bandage, Adhesive, Fabric, Fingertip
- 10 - Bandage, Adhesive, Fabric, Knuckle
- 2 - Bandage, Conforming Gauze, 3"
- 2 - Bandage, Elastic, Self-Adhering, 2"
- 6 - Bandage, Waterproof Assorted, 30 pc.
- 5 - Dressing, Gauze, Sterile, 2" x 2", Pkg./2
- 5 - Dressing, Gauze, Sterile, 3" x 3", Pkg./2
- 10 - Dressing, Gauze, Sterile, 4" x 4", Pkg./2
- 16 - Dressing, Gauze, Non-Sterile, 4" x 4"
- 4 - Dressing, Non-Adherent, Sterile, 3" x 4"
- 1 - Dressing, Transparent, 2 3/8" x 2 3/4"
- 1 - Dressing, Transparent, 4" x 4 3/4"
- 1 - Eye Pad, Sterile

Bleeding

- 10 – Pair Gloves, Nitrile
- 2 - Trauma Pad, 5" x 9"

Blister / Burn

- 1 - Aloe Vera Gel with Lidocaine
- 1 - Glacier Gel

CPR

- 1 – CPR Mask
- 1 - CPR Face Shield
- 1 - Instructions, on how to do CPR

Fracture / Sprain

- 1 - Bandage, Elastic with Velcro, 4"
- 2 - Bandage, Triangular
- 1 - Cold Pack
- 1 - C-Splint™, 4" x 36"
- 1 - SAM® Splint, Finger

Wound Care

- 12 - Antiseptic Wipe
- 10 - Alcohol Swab
- 10 - Cotton Tip Applicator, Pkg./2
- 2 - Povidone Iodine
- 2 - Tape, 1" x 10 Yards

Survival Tools

- 2 - Emergency Reflective Blanket, 84" x 56"

Other

- 1 - Lip Balm, SPF 30
- 1 - Hand Sanitizer, Alcohol
- 1 - Sunscreen, SPF 30
- 1 - Zinc Oxide

Medication

- 25 - Acetaminophen (500 mg), Pkg./2
- 10 - After Bite Wipe
- 2 - After Sting
- 6 - Antacid, Pkg./2
- 25 - Antihistamine (Diphenhydramine 25 mg)
- 1 – Bottle Baby Aspirin, chew 4 when having Chest Pain
- 2 - Cortisone Cream 1%
- 8 - Cold Relief Tabs, Pkg/2
- 2 - Eye Wash, 2/3 oz, (20 ml)
- 1 - Glucose Paste (Glucose 15 g)
- 25 - Ibuprofen (200 mg), Pkg./2
- 1 - Nasal Decongestant Spray, 1/2 Fl oz
- 2 – Bottles of Motion Eaze for sea sickness
- 10 – Pepcid
- 1 - Instructions, for all above Medications

Be the responsible Captain and Crew make sure you have First Aid and CPR Training.

For Open Ocean these added items are also recommended.

Survival Tools

- 1 per person - Emergency Reflective Blanket, 84" x 56"

Dental

- 10 - Cotton Pellets
- 4 - Cotton Rolls
- 1 - Dental Floss
- 1 - Dental Medic Instructions
- 1 - Dental Mirror
- 1 - Dental Spatula
- 1 - Oil of Clove, 3.7 ml
- 1 - Temporary Cavity Filling Mixture
- 1 - Wax Rope
- 1 - Syringe, Irrigation, 20 cc, 18 Gauge Tip

Medication

- 1 – Bottle Acetaminophen
- 1 – Small Bottle Ammonia mixed with Olive Oil for After Bite or Stings
- 1 – Large Bottle Antacid
- 1 – Bottle Antihistamine (Diphenhydramine 25 mg)
- 1 - Large Bottle - Aspirin
- 1 – Bottle Baby Aspirin, chew 4 when having Chest Pain
- 1 - Box Cold Medicine
- 2 - Cortisone Cream 1%
- 2 – Boxes Cold Relief Tabs
- 1 - Ear Drops
- 2 - Eye Wash
- 2 - Glucose Paste (Glucose 15 g)
- 1 – Bottle Ibuprofen
- 1 - Laxative, Metamucil Psyllium Fiber, 12.2 g
- 10 - Meclizine (HCl 25 mg), Pkg./2
- 1 - Nasal Decongestant Spray, 1/2 fl oz
- 2 – Bottles of Motion Eaze for sea sickness
- 1 – Box Oral Rehydration Salts
- 1 - Bottle Pepcid
- 1 - Tolnaftate Cream 1%
- 1 – Jar Tucks Hemorrhoid Towelettes
- 1 - Instructions, for all the above Medications

Suture / Syringe

- 1 - Hemostat Forceps, Kelly Straight, 5.5"
- 1 - Mayo Heger Needle Holder, 5"
- 2 - Needle, Disposable, Sterile, 18G x 1 1/2"
- 2 - Needle, Disposable, Sterile, 21G x 1 1/2"
- 2 - Needle, Disposable, Sterile, 25G x 5/8"
- 2 - Scalpel with Handle, Sterile, Disposable, #11 Blade
- 1 - Skin Staple Remover, Disposable
- 1 - Skin Stapler (15), Disposable
- 1 - Surgical Lubricant, Sterile
- 1 - Suture, Nylon, 3-0
- 1 - Suture, Nylon, 5-0
- 2 - Syringe, 5ml
- 1 - Syringe, 10ml
- 1 - Thumb Tissue Forceps, Mouse-Tooth, 4.5"
- 1 - Towel Drape, Sterile

IV Fluids if qualified

- 20 – Angio catheters, 18G x 1 1/4"
- 2 - Bags 1000cc Lactated Ringers and
- 2 - Bags 1000cc Normal Saline
- 6 - IV Administration Set, 15 Drop
- 2 - Bags 500cc D5w

Airways

- 1 - box assorted nasopharyngeal airway
- 1 - box assorted oropharyngeal airway

Other

- 1 - Body Bag

Be the responsible Captain and Crew make sure you have Advanced First Aid and CPR Training. Your lives depend on it.