First Aid Kit Items
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Duct Tape

Parachute Cord

Honey Packets
Duct Tape
Strong, heavy duty tape.

When to use?
To repair equipment, emergency immobilization, and many other miscellaneous uses.

Quantity needed?
1 roll per kit.

Honey Packets
Plastic encased tubes of honey.

When to use?
Quick source of sugar for diabetics. Note: only for people who can swallow without danger of choking.

Quantity needed?
4 tubes per kit.

Parachute Cord
100% nylon 750lb parachute cord.

When to use?
Securing loose gear and other miscellaneous uses.

Quantity needed?
One 20 foot cord per kit.
Hand Salve

Waterproof Sunscreen

Microfiber Towel

Waterproof Notebook
**Waterproof Sunscreen**
Waterproof sunscreen.

**When to use?**
To prevent sunburns.

**Quantity needed?**
1 per kit.

**Waterproof Notebook**
A waterproof notebook.

**When to use?**
Write your SOAP notes here. Can assist on-shore clinicians or rescuers in documenting care.

**Quantity needed?**
1 per kit.

**Hand Salve**
A semi solid mixture of beeswax and extracts in a small tin container.

**When to use?**
To keep skin hydrated and prevent rough, dry hands.

**Quantity needed?**
1 per kit.

**Microfiber Towel**
Quick dry microfiber towel.

**When to use?**
To clean or dry an area when administering first aid.

**Quantity needed?**
1 per kit.
SOAP Note
Bandanas
Flexible Splint
Waterproof Bandages
**Bandanas**
100% cotton cloth bandanas.

**When to use?**
Can be used as a tourniquet and many other miscellaneous uses.

**Quantity needed?**
1 per kit.

**Soap Note**
SOAP stands for Subjective, Objective, Assessment and Plan; it is a document that helps record injuries that have occurred.

**When to use?**
To be filled out during or immediately following an accident or injury in your waterproof notebook.

**Quantity needed?**
Use your waterproof notebook to record SOAP notes.

**Waterproof Bandages**
Waterproof assorted size bandages.

**When to use?**
To cover and protect minor cuts, burns, blisters etc.

**Quantity needed?**
One 30 pack box per kit.

**Flexible Splint**
A thin aluminum sheet encased in foam measuring 36” x 4.25”.

**When to use?**
To support a fractured or injured limb.

**Quantity needed?**
1 per kit.
Butterfly Closure Strips
Adhesive Tape
Motion Sickness Tablets
Triple Antibiotic Ointment
First Aid Tape
Waterproof tape.

When to use?
To keep bandages in place.

Quantity needed?
1 per kit.

Triple Antibiotic Ointment
0.5g individually antibiotic ointment.

When to use?
To prevent infections and promote healing of injury.

Quantity needed?
17 individually wrapped packets or one small tube per kit.

Butterfly Closure Strips
Medium sized latex-free butterfly closures.

When to use?
To protect and secure small wounds.

Quantity needed?
12 closure strips per kit.

Motion Sickness Tablets
1000 mg tablets of non-drowsy motion sickness medication.

When to use?
To treat motion sickness as needed.

Quantity needed?
12 capsules per kit.
Antiseptic Wipes
Extra Strength Non-Aspirin Tablets
Instant Cold Pack
Triangular Bandage
**Extra Strength Non-Aspirin Tablets**
500 mg non-aspirin pain killers.

**When to use?**
Used to relieve pain and fever.

**Quantity needed?**
15 individually wrapped packages with 2 pills per package (500 mg per 2 pills), or one small bottle.

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**Triangular Bandage**
100% cotton triangular bandage (each bandage comes with 2 safety pins).

**When to use?**
A sling that supports a fractured or injured limb.

**Quantity needed?**
1 per kit.

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**Antiseptic Wipes**
Antibacterial moist towelettes (active ingredient benzethonium chloride).

**When to use?**
To sanitize hands before treating wounds.

**Quantity needed?**
8 individually wrapped packets per kit.

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**Instant Cold Pack**
Single use product encased in plastic that gets cold when folded in half.

**When to use?**
As a cold compress after injury.

**Quantity needed?**
2 per kit.
Space Blanket

Hemostatic Gauze

Tourniquet

Iodine Swabs
Hemostatic Gauze
Hemostatic agent with anticoagulant properties.

When to use?
To slow major bleeds.

Quantity needed?
1 per kit.

Iodine Swabs
Single use PVP Iodine antiseptic swabs or q-tips.

When to use?
To prevent infections.

Quantity needed?
4 swabs per kit.

Space Blanket
Blankets made of mylar.

When to use?
To keep patients warm.

Quantity needed?
3 per kit.

Tourniquet
High strength carbon fiber tourniquet (compact size).

When to use?
To slow blood flow in injured limb when direct pressure methods are ineffective.

Quantity needed?
1 per kit.
Tweezers
Trauma Shears
Elastic Wraps
Cohesive Bandage Tape
**Trauma Shears**
Stainless steel scissors with one serrated edge.

*When to use?*
To cut away clothing or straps that are in the way of rescuers when treating wound. Can also be used to cut other first aid materials such as bandaging.

*Quantity needed?*
1 per kit.

**Self Adhesive Bandage**
A cohesive bandage wrapping tape.

*When to use?*
To protect, secure and compress wounds on top of dressing.

*Quantity needed?*
2 per kit.

**Tweezers**
Stainless steel tweezers.

*When to use?*
To remove slivers, glass etc. from flesh wound.

*Quantity needed?*
1 per kit.

**Elastic Wraps**
2" x 5 yd Elastic bandage with two fasteners.

*When to use?*
To protect and provide moderate pressure to sprains and strains.

*Quantity needed?*
2 wraps, 4 fasteners per kit.
Athletic Tape
Rolled Sterile Gauze
4x4” Gauze Pads
Surgical Gloves
**Rolled Sterile Gauze**
Sterile rolled gauze measuring both 2” x 4.1 yd. and 3” x 4.1 yd.

**When to use?**
To hold dressings in place and act as a slight compress. Especially useful in hard to bandage places.

**Quantity needed?**
3 rolls of each size.

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**Surgical Gloves**
Disposable latex free vinyl gloves.

**When to use?**
To protect rescuers and injured individual from cross contamination of germs, mucous membranes, broken skin, blood, etc.

**Quantity needed?**
2 pairs of gloves per kit.

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**Athletic Tape**
100% cotton athletic tape.

**When to use?**
Helps protect and prevent injuries on ankles, wrists, hands etc.

**Quantity needed?**
1 per kit.

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**4x4” Gauze Pads**
Sterile gauze pad measuring 4x4”.

**When to use?**
To protect and cover wound.

**Quantity needed?**
4 pads per kit.
Topical Burn Cream

Antihistamine

Irrigation Syringe

Moleskin
Antihistamine
25 mg tablets of dephenhydramine HCl antihistamine.

When to use?
Provides relief from allergies.

Quantity needed?
16 individually wrapped pills or one small bottle per kit.

Topical Burn Cream
0.5g first aid/burn cream packets.

When to use?
To help prevent infection after sustaining a burn. Can also provide temporary pain relief.

Quantity needed?
12 individually wrapped packets or one small tube per kit.

Moleskin
Self-adhesive padding that can be cut to any size.

When to use?
To cover and protect blisters.

Quantity needed?
2 squares per kit.

Irrigation Syringe
Plastic 12cc non dental syringe.

When to use?
To clean wounds.

Quantity needed?
1 per kit.
First Aid Manual

Organizing Supplies
Organizing Supplies
Various sized seal-able plastic bags, rubber bands, and a sharpie.

Quantity needed?
10 bags, 10 rubber bands, 1 sharpie.

Topical Burn Cream
Use as a reference when treating injuries.

Quantity needed?
1 per kit.
Sprains and Strains

- Instant Cold Pack 2 each.
- Triangular Bandage 1 each.
- Elastic Wraps 2 each.
- Cohesive Bandage Tape 2 each.
- Athletic Tape 1 each.
- Adhesive Tape 1 each.
- Flexible Splint 1 each.

Flesh Wounds

- Moleskin 2 squares each.
- 2” Rolled Sterile Gauze 3 each.
- 3” Rolled Sterile Gauze 2 each.
- Assorted Waterproof Bandages One 30 pack box each.
- Gloves 2 pair each.
- Butterfly Bandages 12 each.
- 4x4 Gauze Pads 4 each.

Example SOAP Note

- **Patient Name**: John Doe
- **Date**: 11 / 1 / 2017
- **Subjective**: smashed finger on crab pot
- **Objective**: bruising and swelling of the left index finger
- **Assessment**: limited mobility
- **Plan**: wrap with tape and have evaluated by doctor when back in port

For more information and resources please visit: flippresources.org
Consumables

Extra Strength Non-Aspirin Tablets
15 packets containing 2 pills each.

Antihistamine
16 individually wrapped tablets.

Motion Sickness Tablets
12 tablets each.

Honey Packets
4 plastic encased tubes of honey.

Topical

Sunscreen 1 travel size each.

Antiseptic Wipes 8 each.

Iodine Swabs 4 swabs each.

Triple Antibiotic Ointment
17 individually wrapped packets each.

Salve 1 each.

First Aid / Burn Cream 12 packets each.

Bad Accidents

Irrigation Syringe 1 each.

Bandana 1 each.

Tourniquet 1 each.

Hemostatic Agent 1 each.

Misc. Gear

Pens 2.

Waterproof Notebook 1 each.

Trauma Sheers 1 each.

Duct Tape 1 each.

Quick-Dry Towel 1 each.

Parachute Cord One 20 foot rope each.

Tweezers 1 each.

Space Blankets 3 each.