

# How to have a well-stocked first-aid kit

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A well-stocked first-aid kit can help you respond effectively to common injuries and emergencies. Ideally, one kit should be in the home and one in the family car.

In addition to having a well-stocked kit, also ensure that [emergency numbers](#)—contact information for your family doctor and pediatrician, local emergency services and emergency road service providers, including local poison control—are readily available in the home.

Many accidents occur in the bathroom, so this may be the ideal place to keep your first-aid kit. Make certain everyone knows where the kit is located.

The University of Alabama's Dr. Louanne Friend provides a list of items that are recommended for first-aid kits for the home:

- 2 packets of aspirin (81 mg each)
- Aluminum finger splint
- Antiseptic towelettes
- Auto-injector of epinephrine, if prescribed by your doctor
- Butterfly wound closure, 3/8 inches by 1-13/16 inches
- Cold packs for sprains
- Conforming gauze roll, 2 inches
- Fabric bandages, 3/4 inches by 3 inches
- First aid cream, 0.9 gm.
- First aid tape, 1/2 inches by 5 yards
- First-aid manual

- Gauze dressing pads, 2 inches by 2 inches
- Hand sanitizer, 0.9 gm
- Plastic adhesive bandages, 3/4 inches by 3 inches
- Scissors
- Trauma pad, 5 inches by 9 inches
- Tweezers

Personalized kits should contain enough prescription medication to last for one month.

First-aid kits designed for cars include these essential items:

- Emergency blanket
- Emergency poncho
- Emergency radio with smart phone charger
- Rechargeable flashlight
- Safety flares
- Whistle

Provided by University of Alabama in Tuscaloosa

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