

The Dad Checklist®: First Aid Checklist

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First Aid

As we used to say in Boy Scout Troop 25 in Memphis, “Be Prepared.” A basic first aid kit should be one of the first things you pack for your trip. If your child has specific medical requirements, bring what you need, like a bee sting kit, asthma inhaler, or other medicines. Be careful about hypothermia, a real problem for children since they are smaller than we are and get cold more quickly. At the same time, in hot weather, children can become dehydrated quickly, so make sure that they are drinking enough water. (One way to know if you’re drinking enough water- your urine is clear or light yellow. If it is dark yellow, you need more water). A Red Cross CPR and First Aid course will help you understand what to do in an emergency, and there is no substitute for your common sense. If you’re in the wilderness, figure out emergency take out places in advance.

First Aid Kit

Kids are fascinated by first aid kits, and band aids are always in demand. Here are some key items, which you should pack in a durable, waterproof container:

- Assorted bandaids.
- Wound cleanser (soap and water, hydrogen peroxide, or commercially available preparations).
- Antiseptic and/or alcohol wipes.
- Roll of adhesive tape.
- Small scissors (if not on your knife or multi-purpose tool) for cutting adhesive tape, gauze, and moleskin.
- Needle or safety pin and tweezers for removing splinters.
- Thermometer in hard case.
- Moleskin and molefoam for blisters.
- Antibacterial ointment like Neosporin.
- Small Vaseline.
- Assorted gauze pads.
- Aspirin and/or ibuprofen and children’s pain reliever.
- Antacid.
- Antihistamine (Benadryl tablets).
- Bee sting kit, if someone is allergic.
- Anti-diarrhea medicine (Imodium).
- Anti-itch cream (hydrocortisone, Benadryl).
- Personal medication. Make sure you check before you go.
- Ace bandage.
- Bandannas (lots). Can be used to cover wounds, make slings, and tie splints. (They also make handy potholders, head coverings, towels, and tiedowns.)



Medicine and Other First Aid We Need to Remember:

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