

# 1st Aid Kit

*In a bright plastic container, well marked!*



**Benadryl** tabs -

CHEW a 25-5mg tablet ASAP for **Allergic** reaction to insect bites or contact w poisonous plants etc.

If **throat gets itchy/ feels like it's swelling** call 911

**Aspirin** tabs -

CHEW a 80- 320 mg tablet for **Heart Attack or Stroke**

*If you don't have chewable ... chew the coated pills...  
this makes the medication work much faster*

- Triangle and long strips of cloth to use as bandages for slings, etc.
  - You can cut up a clean sheet for this. Fold up in a zip lock
- Alcohol swabs, Steri strips, Sterile Glue for cuts, tape, scissors
- Sterile gauze, mini pads work great for this, assorted bandages,
- Antibiotic ointment, Sterile water for eye rinse (can use just clean water too)
- Tylenol, Advil - for fever and pain
- Gravol - for nausea
- Baking soda (neutralizes stomach acid for indigestion,
  - just mix some in water, make a paste for insect bites)
- Pack of Honey for diabetic coma
- Sterile gloves, Mask,
- Water

**Other options:** Going to a remote area, retreat, camping...

Small flashlight, batteries, safety pins, sharp army knife, needle & thread

1<sup>st</sup> aid book, Natural herbal remedies,

Insect repellent, UV sun protection ... high number

Narcan kit for overdoses

**Consider your health profile to add to this list.**

**Allergies** – any family allergies? \*mark this in your 1<sup>st</sup> aid kit so others know

**Every household & car should have one!**

**Everyone in your family should know where it is  
and how to use it!**



# **Survival Kit guideline...**

**Water** in good plastic bottles (rating is on the bottom)  
Purifications tablets, water filter

## **Food (Cans or jars of...)**

Evaporated milk, powdered milk  
Apple juice, orange juice  
Peaches, peas, tomatoes  
Dehydrated soups, soda crackers  
Cold healthy, hearty cereals in plastic bowls  
Meat, tuna, salmon, sardines, beans  
Hard candy, sugar, jams, jelly  
Tea, instant coffee  
Nuts, trail mix, dried food stuffs  
Grains, starches (rice or pasta), biscuits

## **Personal Items & Medication**

UV protection creams and sunglasses  
Breathing apparatus or filters (cloth fiber minimum)  
Clothing layers, Toilet paper  
Blankets, sleeping bags, instant hand warmers  
Wilderness Survival Handbook

## **Hardware**

Multi tool, hammer, wrenches, screw driver, nails, screws  
Flashlights with batteries, Matches in water proof plastic bags  
Candles, safe candle holders and lighters,  
Plastic garbage bags medium and large, tarp sheeting  
Cotton balls with Vaseline in plastic bags (use as fire starters)  
Rope wire, aluminum foil, duct tape  
Sharp Army knife, can openers, safety pins, scissors  
Put in metal waste can (this can be used to start your fire in)  
Camping Heater

## **Special needs to consider**

Pets – dry food, can food, toiletry ... extra water  
Young children, elderly

**Mini car kit!** Start with the **1<sup>st</sup> Aid Kit...**  
Add any of the survival kit that makes sense for you!

things to consider:

## **Secure Space**



A safe, comfortable space that you can completely seal off from the outside elements for a minimum of three days, and control/ filter the air coming in and out. Seal off all cracks, allowing the air to exchange through a filter (even a furnace or dryer filter will suffice; try to get one with a charcoal membrane). You will not want to go outside during this time unless you have appropriate breathing apparatus and skin protections. Use a small candle to gauge oxygen levels, prepare this space in advance. Portable bathroom conveniences.

**PS:** Put kit into sealable plastic bins that are easy to carry or containers that can be used for other purposes. Please alter to your own needs, these are just guidelines!

**Metaphysically speaking:** Chakra kit; make sure it includes clear Quartz and Kyanite! Set your intentions, be positive, breathe, be at peace.

Keep a bottle of these in kits or put 10 tabs in a ZipLock well marked:

**Asperin 81 mg** crush or chew 2 tabs  
if you think you are having a **HEART attack**  
if you have a higher dosage just chew that one

**Benadryl 25 mg** (Diphenhydramine) chew 2 tabs  
if you think you are having an **ALLERGIC** reaction  
take 2 every 4-6 hours throat closing?? EPI – PEN  
GO TO HOSPITAL call 911