



## BOATING FIRST-AID KIT

A well-stocked first aid kit is essential when an injury occurs on a boat. The first recommendation is to purchase a suitable first-aid kit and keep it on the boat. The size and complexity of it would be dependent upon the type of boating you do; a smaller kit for trips of a couple days, larger for longer trips. And remember to periodically check the contents for expired or damaged items.

Items that should be in the first-aid kit:

- **Scissors**—to cut bandages, surgical tape, and clothing away from a wound if removing the garment is impossible.
- **Safety Pins**—to hold bandages or slings in place.
- **Tweezers**—to remove ticks, splinters, and other small foreign bodies embedded in the skin.
- **Syringe** (without needle) - to fill with saline and flush dirt from a wound, or as an emergency eye-wash pump.
- **Saline Solution**—to flush wounds prior to applying bandages.
- **Fabric Tape**—to hold dressings and bandages in place.
- **Elastic Bandages**—provide both covering and support to injuries.
- **Triangular Bandage**—to support and immobilize a damaged arm or shoulder
- **Large Adhesive Pads**—to cover larger cuts and wounds
- **Instant Cold Pack**—temporary relief from minor burns and swelling from sprains and strains.
- **Foil Space Blanket**—reduces shock by retaining body heat.
- **Disposable Gloves**—to wear during contact with bodily fluids—yours or anyone else's.
- **Sterile Absorbent Pads**—to cover wounds and abrasions.
- **Rolled Gauze**—to cover wounds where an adhesive bandage is too small or extra absorbency is required.

## BOATING FIRST-AID KIT (Cont'd.)

- **Adhesive Bandages** —keep a selection from small to large, include round ones and butterfly bandages to effectively close a deeper cut.
- **Burn Cream**—treats sunburn or galley burns. Note: treat a significant burn as a medical emergency.
- **Individually Wrapped Common Medications**—for treating stings, heartburn, seasickness, diarrhea, and so on. Periodically check the expiration date on these.
- **Alcohol Wipes**—to sterilize hands, clean scissors and tweezers before/after use, or to gently clean a wound.
- **Storage Container**—keeps everything organized and easily accessible. Should be waterproof, if possible. An alternative is to get a large (greater than 1 gallon) plastic bag that can be closed.
- **First-Aid Guide**—essential reference, read it before you need to use your first-aid kit.
- **Aspirin**—if you suspect a heart attack.
- **Ibuprofen**—general pain reliever.
- **Acetaminophen**—general pain reliever for those who can't take aspirin or ibuprofen.
- **Cotton Swabs**—to clean delicate areas before applying a dressing.
- **Sam Splint**—to immobilize a suspected fractured limb.
- **Antiseptic Ointment or Spray**—apply to minor scrapes and abrasions to prevent infection.
- **Eye Wash**—for flushing chemicals, fuel, dirt, and grit out of the eye, can offer relief in cases of severe pollen allergies.