



Pelagic Sailing Club

First Aid Kit Recommendations

- ✓ Medical adhesive tape – 2” wide and paper tape
- ✓ Adhesive bandages (band aids) – several sizes
- ✓ Sterile gauze pads (four inch squares are best) – 8
- ✓ Scissors – blunt nosed (medical)
- ✓ Triangular bandages – 4 or more
- ✓ Elastic roller bandages/safety pins – 2
- ✓ Alcohol wipes
- ✓ Antiseptic hand cleaner
- ✓ Hydrocortisone cream
- ✓ Antiseptic such as bacitracin
- ✓ Hydrogen peroxide
- ✓ Aspirin – acetaminophen and/or ibuprofen
- ✓ Tweezers
- ✓ Seam cutter
- ✓ Inset bit swabs
- ✓ Exam gloves
- ✓ Barrier device for CPR
- ✓ Thermometer
- ✓ Instant cold packs
- ✓ Heat packs
- ✓ Eye drops or eye wash solutions
- ✓ Moleskin
- ✓ Splinting devices – arm, leg and fingers

Other items to have available:

- Cell phone and radio capable of communicating with emergency authorities
- Disinfectant
- Pocket knife
- Sunscreen
- Motion sickness pills
- Insect repellent
- Matches/fire starter
- Space blanket
- Warm and waterproof clothing
- Prescription medications
- Emergency phone numbers for each person
- Medical information form for each person (can be sealed and returned after the trip)
- Pen and paper
- First aid book
- Flashlight/batteries
- Plastic and/or zip lock bags
- Paper towels
- Fresh water