

## Beefing-up your basic First Aid kit on a budget

As many people have discovered when they buy an affordable First Aid kit, there isn't much in them. This class and handout is to help you add many useful items to your kit for very little money. You will want to buy a large plastic tub, or two, to store all of these items.

Most people will not be able to buy everything on this list at all once. Assess your needs, make a list, and buy a little each week and build-up your supply. Most things on this list do not have an expiration date and will not expire. For the most part, medications have been left-off of this list because they will expire. I like to store my medications in a spot where we will see them, use them and rotate them on a regular basis.

I discovered most of these resources by watching a couple videos on YouTube posted by The Patriot Nurse on her channel. You can do a search on YouTube by these video titles or search on the Patriot Nurse Channel by these names or by topic.

Cheap Medical Supplies! DOLLAR Tree Shopping! Posted in 2014

Cheap DOLLAR Tree Medical Supplies-Prepping Low on Cash Posted in 2017

She has also posted 2 videos about stocking up on Fish Antibiotics that people can use. I recommend searching for those videos and watching them.

To save money, I bought what I could at Dollar Stores and then bought the other things I still wanted at the other stores listed in this handout.

On the Patriot Nurse's video titled, Medical Kit on a \$50 budget, she suggests that beginners who are not nurses START with focusing on the 3 most common issues people have after a disaster or in everyday life. You can then add other things later if you choose.

#1 Upper Respiratory illnesses

#2 Diarrhea

#3 Wound Care

### Battery Operated, Hand-held Nebulizer

You can find these online or purchase one from Claudia Orgill of  
[www.healthypreparedness.blogspot.com](http://www.healthypreparedness.blogspot.com)

### Saniderm [www.saniderm.com](http://www.saniderm.com)

This is a product made for the Tattoo industry but makes a fantastic bandage that can also be used as a substitute for stitches. It is clear, flexible, breathable, and can be cut to any size you need. It works better than plastic wrap and does not need to be changed every day. Can be used for applying poultices. You can also get it wet. You can order this from Claudia Orgill or watch for a group buy on it in a Preparedness Group.

### Resources for First Aid items to add to kits by Store Name:

#### Amazon

Activated Charcoal powder- use for upset stomach and also for intentional or accidental poisoning. Can mix some in a glass of water and drink quickly. Messy, but it works and can possibly save your life. You can also buy in a liquid form but it costs a lot more.

#### IFA Country Store or other Farm Supply Store

Vet Wrap or CoFlex tape- This is a Flexible, stretchy bandage that comes in many colors. This is the same thing sold in pharmacies for people. It is quite a bit less money at the Farm Store. Look in the Veterinary supply department.

#### Emergency Essentials

N95 Masks-You will want these for pandemics or even if there is a lot of dust and debris in the air after a disaster. These are NOT your everyday thin masks that people wear when they have a cough.

Burn Gel- It is always a good idea to have some of this on hand.

Medical or Surgical Scissors- These are just a few dollars. You can use these to cut through thick bandages and even clothing if needed.

Small First Aid booklet- keep one in each vehicle, in the First Aid Kit etc. Costs about \$1.50 each.

## Wal-Mart or Other big-box store

Urinary Incontinence Pads- These come in different sizes and will be very handy if someone is very sick with diarrhea or upset stomach or if there is a lot of bleeding from wounds or childbirth. They will help to keep bedding clean and make clean-up easier. Generic brands will be less money than name brands.

Nitrile/Latex-Free Gloves- You can never have too many of these when it comes to medical or sanitation needs. In a disaster situation, especially with no running water, you will go through these very quickly. Store as many as you can.

Triple Antibiotic- Each kit should have at least one tube. Check expiration Dates and replace as needed.

2 pack finger splints- A 2-pack will cost around \$3. You sometimes can find one for \$1 at the Dollar Tree.

Feminine Hygiene pads- These can be used for large wounds that bleed a lot.

White, cloth baby diapers- use for wounds. You can bleach white fabric.

Inexpensive decorative handkerchiefs- use for a splint (sold next to the purses).



The Dollar Tree possibly at other Dollar Stores

Assure Brand Bandages of various sizes

Rolled gauze 4.5 yds long

Bandage tape including gentle tape for sensitive skin for babies or the Elderly

Gauze pads

Sport Tape

Athletic Wrap

Finger splint

Re-useable cold packs sometimes found in the baby aisle

Digital Thermometer, Sometimes found in the baby aisle

2 Instant, (non-re-useable cold packs)

Dentek Paste for broken tooth or missing filling, normally \$5

Absorbine Jr. Brand Pain Reliever patches

Pill cutter and a Pill Crusher for children or those who have a hard time swallowing pills

Pill organizers

Basic, disposable Face Masks for coughs, not the best quality, but better than nothing.

10 pack Saline Solution for a Neti or Yeti Pot

Puppy Pee Pads in the pet aisle

Plastic squeeze bottle made for Ketchup and Mustard. These can be filled with water or saline solution to clean wounds. Also good for post-partum care for the mother.

Tweezers check the toiletries aisle

## Over-the-Counter Medicines often found at the Dollar Tree

Always check the expiration dates and rotate these like you would your food storage.

Mucinex

Nasal Relief Spray

Saline Solution

Oral Analgesic for Adults and Babies such as Oragel

Hydrocortisone Cream

Calamine Lotion

Hydrogen Peroxide

Rubbing Alcohol



Other Preparedness-Type Items to get at the Dollar Tree

Kitchen gadgets to make a Camp or Bug-out Kitchen

Mouse Traps for your Sanitation Kit

Large Pillar Candles

Ear plugs for your 72 hr. kit

Sleep Masks for your 72 hr. kit

Latex-type, re-usable cleaning gloves for Sanitation Kits

Tiny bags made for used baby diapers or bags made for walking your dog. Will be good for disposing of medical waste or other sanitation needs.