



# Building a summer first-aid kit

Summer is all about family time, outdoor activities and fun in the sun. It's also the time when most injuries happen to kids. Before you head out on your next adventure, take the time to pack up a summer first-aid kit to keep in the car or wherever your adventures take you.

## Getting Started

You can purchase a travel kit from the American Red Cross, your local drug store or you can make your own. Whether you purchase a pre-assembled kit or create yours from scratch, your kit should contain some essentials. Make sure that the kit is waterproof and large enough to hold all of your items. Be sure to keep the kit in your car or a bag that is easy to locate and convenient to carry with you.

## Essential items

- Gauze
- Tape
- Antibiotic ointment
- Adhesive bandages in a variety of sizes
- Non-latex gloves
- Burn cream
- Instant ice pack
- Water bottle for cleaning out wounds and to prevent dehydration
- Small scissors for cutting medical tape, opening packages, trimming hangnails and more.

## Additional items to consider:

- Sunblock
- Bug spray
- Tweezers and small magnifying glass for removing splinters from skin, fishing hooks from fingers, etc.
- Baby and alcohol wipes for keeping hands clean. Alcohol wipes can also help sterilize skin, tweezers, and scissors.
- Numbing spray can save the day when a child is burned, sunburned or has a painful cut or scrape.
- Hydrocortisone ointment helps treat almost anything that itches—insect bites, poison ivy, etc.

## Over-the-counter medications

- Benadryl (Diphenhydramine): a first line treatment for insect bites, hives and other allergic reactions.
- Ibuprofen and Tylenol: Most pre-made kits include these standard pain medications. Choose the liquid kind for children.
- Dramamine: Nausea medication that can help car-sick kids feel better.

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