

## ***Your Nautical First Aid Kit***

When you are out on your boat, and there is a medical emergency, you will be helpless to deal with onboard illness or injury unless you have medical supplies aboard and the knowledge of how to use them. You can assemble your own first aid kit. What should it contain? We have assembled a first aid kit for your information.

Large first aid kit case----Boater's World -	\$20.00
Alcohol	1.29
Ammonia Inhalant	7.50
Analgesic (Advil) and Aspirin / Tylenol	3.99
Antacid Tablets	2.99
Antibiotic Ointment	2.99
Band-Aids	1.99
Benadryl Ointment	3.49
Bug Repellant	2.99
Cake Icing (for insulin shock)	1.47
Chemical Heat/Ice Packs	4.99
Chorine Bleach	1.49
Dramamine	3.99
Ear Syringe	5.99
Elastic Bandage	4.49
Eye Drops	4.00
First Aid Manual	4.99
Gauze Pads	2.99
Ipecac	2.99
Lip Baum (with sunscreen)	1.99
Meat Tenderizer	1.47
Needle Nose Tweezers	4.49
Nose Bleed Packs	6.46
Pain Reliever Ointment	4.99
Sanitizer Hand Cream	2.99
Scissors	4.99
Snake Bite Kit	11.88
Sunburn Lotion	2.01
Sunscreen Lotion	3.99
Swimmers Ear drops	.99
Talcum Powder	2.99
Throat Lozenges	2.99
Vinyl Gloves	1.99
Waterproof Tape	2.00

We were able to purchase the nosebleed kit, snakebite kit, cake icing and meat tenderizer at Wal-Mart. The ammonia inhalant can be purchased at Central Drugs. The balance came from Walgreens. First Aid Manual (used) from Amazon at .90 plus S&H.

Examples of some of the uses of the items listed in the first aid kit are:

In case of tentacle stings from jellyfish, man of war, coral or hydra -- flood the affected area with alcohol, ammonia, or vinegar to neutralize the toxins. Then cover the area with meat tenderizers to destroy the toxins. Finally cover the area with talcum powder so the nematocysts can be scrapped off.

Major shark or alligator bites require more active first aid. One must first control the bleeding, and then clean the wound, if necessary treat the victim for shock, administer CPR, and splint the injury.

Any puncture from sea urchins, cone shells, sting rays or spiny fish only require soaking in hot water.

If ingesting puffer fish, scombroids, or shellfish has poisoned a crewmember, induce vomiting immediately using ipecac. Give the victim water or milk. Again CPR if necessary and be sure to prevent self-injury from convulsions. If a victim needs professional medical assistance, and needs to be transported to a medical facility, as soon as possible one should place a May Day call on the radio to have victim transported by coast guard vessel or helicopter.

Be sure your medical kit includes a good first aid manual. The first aid manual belongs with the medical supplies, and not with the mystery novels and cruising guides.

The kit you see here including the case costs approximately \$137.00 A small price to pay to handle emergencies at sea.