



The Practical Boater

First Aid Kit

Clorhexadine anti bacterial solution 115ml –
(check expire date)

Band Aids wet flex – one decent size

Adhesive tape – waterproof – 12mm &
26mm

Spray bandage – Elastoplast

2 X 2 gauze

4 X 4 gauze

Gauze roll – cling – 2”, 1”

Nexcare plastic tape

Mepore Bandage selfadhesive 3”

Kling flexible bandage

Telfapad – 3 X 3 – J&J BandAid

Triangular bandage

Vetwrap – 2”, 3”

Tensor bandage & clips

Second Skin

Q tips

Eye cup

Crazy glue – 0.5 ml – pkg of 4

Steri strips

Scissors

Soft Gel packs –OMBUSFORM

(use hot or cold)

Safety pins – assorted size

Polysporin antibiotic ointment

Ophthalmic (eye) ointment

Epsom salts – (tsp/pint)

Aspirin - plain

Pain relief – Tylenol, Advil

Antihistamine

The utility of a first aid kit is limited by the ability of the user. A large and comprehensive first aid kit is of no benefit if one does not know the value and use of the contents and could be a hazard if used improperly.

Comprehensive first aid kits are of value to have on hand in the event that there is someone present with the skills to use the kit.

This list is not intended to meet all needs in any situation. It has been prepared based upon several years of experience in boating by a person with medical training.

Gabriola Island Power Squadron