

Your First Aid Kit For Boating

This list is meant as a guideline for a first aid kit to be kept on-board for coastal cruising (overnight sailing or open water)

- Four cravats (triangle bandages)
- Three rolls of elastic or self-adhering roller bandages (one of each width)
- Roll 2” waterproof adhesive tape
- Sterile, non-adhesive gauze compresses (various sizes)
- Four SurgiPads, two each size (compress)
- Band aids, all sizes
- Four large Ziplocs
- Three inch wide rubberized roller bandage
- Nitrile/latex gloves (two pairs per size likely used)
- SAM splint (large and finger size)
- Tongue depressors (6)
- One set oropharyngeal airways (use with CPR certification)
- Pocket mask, one way valve mask
- Tube instant glucose
- Paramedic scissors, or bandage scissors
- Four large safety pins
- Seam ripper
- Hypothermia thermometer and case
- Flashlight/headlamp and batteries for back-up
- Notebook and ‘Space Pen’ for writing anywhere, on anything
- Flow sheet for vital sign recording
- Hot water bottle
- Bottle saline for irrigation use
- Space blanket
- Leatherman or other multi-tool
- Duct tape
- Steri-strips, butterfly bandages
- Second Skin
- Nu-skin
- Hot Minis
- Cold Packs
- Purell
- Tweezers
- Pantyhose and Knee high (4)
- Tube Vaseline
- Aspirin, acetaminophen, ibuprofen, etc (OTC)
- Stomach meds (OTC - Mylanta, Maalox, Amodium, Peptol Bismol, Tums, etc)
- Motion Sickness meds (OTC – Bonine, Dramamine, etc)
- Sunburn (Aloe, zinc oxide)

This supplemental list is meant for longer passages

- Wound kit
- Rx list for each participant onboard (+medical history)
- Epi pin (by Rx)
- Blood Pressure cuff & Stethoscope
- AED
- Additional SAM splint
- Additional nitrile/latex gloves
- Pee bottle
- Suction/turkey baster
- Motion sickness meds (Rx)
- Gatorade-like electrolyte replenishment
- Diarrhea and constipation meds
- Toothache meds (oil of cloves)
- Earache meds
- Cough meds
- Allergy (Benadryl)
- Eye irritation
- Burn meds