

# The Survival Mom

## **Pocket First Aid Kit**

In an eyeglass case or something similarly sized and sturdy, include:

- small pieces of moleskin
- ibuprofen/acetaminophen
- small packets:
  - petroleum jelly
  - alcohol prep pads
  - sting relief
  - antibiotic ointment
  - Burn Free
  - sunscreen towlette
- Band-Aids, different sizes
- small package of tissues
- Chapstick
- Benadryl
- cough drops
- tampon, for injuries when a band-aid isn't enough!
- a dose or two of prescription medications
- tweezers

This small kit is meant to be carried in a purse or backpack. It isn't a fully equipped medical kit, such as the MedCall Assist Kit, but contains items for most common injuries and ailments.