

Goin' Fishin'

FISHERMAN'S FIRST AID KIT

Check your kit regularly and replace items used immediately

Waterproof container large enough to hold the following:

(Lots of things noted below can be kept clean in Ziplock bags)

At least 4 pair sterile, rubber/latex gloves	Body fluids contamination prevention
Bar or liquid soap	Clean your hands before handling wounds/injuries
Antiseptic liquid	Mouthwash like Listerine is a good all around skin antiseptic; it can also sterilize any of the instruments you may have to use (pliers, knife, etc.)
Alcohol or alcohol pads	Sterilizing instruments
Bottled water	Buy it at the store; for rinsing off wounds, burns, etc.
Ice pack	The kind you can punch and it turns cold
Band-Aids, gauze pads, etc.	Different sizes
Wide surgical tape	Good for wrapping and pressure over a bandage
Ace bandage	Good for wrapping and pressure
Triangle bandage and safety pins	Sling and binding
Clean pliers or wire dikes	Keep in ziplock bag to snip off hook barbs in skin
Clean cloth/towel	Clean wounds, stop bleeding, cover wounds
Moleskin	Blister treatment
Antiseptic cream	Good on mosquito bites, bee stings, etc.
Clean needle	Remove splinters
Q-tips	Swabbing or dabbing wounds
Tweezers	Splinters
Antacid	Upset stomachs
Aspirin	Good for headaches and nausea
Small pad and pencil	To keep notes of injuries and treatment
Clean, sharp pocket knife	Cutting clothing or trimming bandages
Small, sharp scissors	Sometimes a knife just doesn't work
Benadryl or other antihistamine	Good for allergic reactions, bee stings, etc.
Sun screen	The higher the better
Crazy glue	Used to close minor wounds (use in a pinch to get you to the hospital)
Ziplock bags	Great for everything