



It's smart to have a first aid kit at the ready, at home and in the car. Take stock of what you'll need to build one yourself.

Taking the ouch out

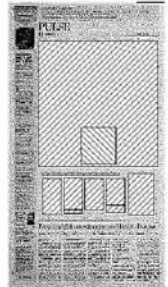
BY JAN JARVIS
McClatchy-Tribune Newspapers

In this fast-paced society, it makes sense to have a well-stocked first aid kit at home and in each of your vehicles.

If you have young children, you'll find a slew of kid-friendly kits on the market. Whether you buy a kit or create your own, be sure to include the standard items along with emergency phone numbers for poison control, fire and police departments, hospitals, doctors and close friends.

A first aid manual, with medical release cards to give to caregivers, is also useful.

JOHN CORBITT | Times photo illustration



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A sampling of retail kits, including some to care for children:

MediBag by me4kidz

What's in it: Kid-friendly kit includes 117 items and mail-in offer for a free 45-item refill kit. Smiley-face-stickers, neon bandages and other items take the sting out of minor injuries.

What makes it special: Cute cold packs and other kid-friendly items are packaged inside a red plastic doctor's bag.

Price: \$20

Shopping details: Available at Toys "R" Us, Target, www.me4kidz.com

Talking First Aid Kit from IntelligentFirstAid

What's in it: Usual supplies, instruction cards and an audio module.

What makes it special: Nine "care packs" treat specific injuries. If someone is stung by a bee, you pull out the "bite and stings" pack and follow color-coded picture instructions while listening to spoken directions.

Price: \$129.95

Shopping details: Order at www.intelligentfirstaid.com.

American Red Cross Babysitter Portfolio

What's in it: Gloves, gauze, penlight, bandages, other basics.

What makes it special: A zippered pouch holds supplies, and there's a slot to hold the Babysitter Handbook or a first aid manual.

Price: \$9.95

Shopping details: Check local Red Cross offices or go to www.redcrossstore.org.

One Step Ahead Baby First Aid Kit

What's in it: Zippered bag packed with compresses, bandages, ointments and such.

What makes it special: It's designed especially for kids but has items important to adults, including a guardian release form, fingerprint record and poison hot-line list.

Price: \$29.95

Shopping details: Available at www.onestepahead.com.

To make your own:

Start with a plastic lunch box, tool kit or fishing tackle box, and fill it with the items pictured above and these:

- a thermometer
- nonaspirin liquid pain reliever
- calamine lotion or hydrocortisone cream
- rubbing alcohol (to clean tweezers, scissors and thermometers)
- antiseptic skin cleaner
- sharp scissors
- sunscreen
- insect repellent
- children's-strength liquid decongestant
- cotton balls
- cotton-tipped swabs
- mild liquid soap
- hot-water bottle and an ice pack