DIY First Aid Kit Gift

Beginner difficulty, about 25 minutes, no drying time

WHAT YOU'LL NEED

- [ ] Empty first-aid box with lid, 9 x 6 x 3 in
- [ ] Cotton bandana, 1 (doubles as a sling)
- [ ] Adhesive bandages, 20 assorted sizes
- [ ] Sterile gauze pads, 3 in, 6 pack
- [ ] Rolled gauze, 2 in, 1 roll
- [ ] Medical tape, 1 in, 1 roll
- [ ] Antiseptic wipes, 10 pack
- [ ] Blister pads, 4 pack
- [ ] Instant cold pack, 1
- [ ] Disposable gloves, 2 pairs
- [ ] Tweezers and small bandage scissors
- [ ] Safety pins, 6
- [ ] White cardstock and twine for card and tag
- [ ] Fine-tip marker
- [ ] Kraft paper for wrapping



Step by Step

- [ ] Check expiry dates; keep every wrapper sealed
- [ ] Fold bandana into a flat triangle; line box
- [ ] Layer cold pack, gloves and rolled gauze flat
- [ ] Stand bandages, pads and wipes label-up
- [ ] Safety-pin tweezers and scissors to bandana
- [ ] Write name, allergies, doctor and date on card
- [ ] Make a cardstock tag; tie it on with twine
- [ ] Shake test; tuck loose items under bandana
- [ ] Wrap in kraft paper and tie with twine

NOTES