

After you prep your fishing gear---AND you have VHF (check on ARCS via SeaTow)/EPIRB and-or SPOT/pfd's/safety equipment/cell phone aboard---AND someone knows your float plan, prep your suggested medical gear (jumbo Ziploc bag):

Gauze pads, 2x2, 4x4, abd

Kerlix/kling

Bandage scissors

First aid tape/ace bandages/bandaids/duct tape

Steri strips

Towels/ponchos/blanket/travel umbrella (use as "shade")

Big Ziplocs to discard contaminated stuff

Paper towels

Non latex gloves

CPR masks

Hand sanitizer, betadine (alcohol is drying), bottled (drinking) water

Ice (better than commercial "ice packs," if they leak, they can cause a chemical burn)

Liquid benadryl (single dose vials)

Chewable baby aspirin

Only carry benadryl and aspirin if YOU are comfortable.

\*\*\*If you have a history of allergic reactions, please discuss with your Primary Physician whether or not you need to carry an "epi-pen," since you are often away from land and easy access to the "EMS system."

\*\*\*\*\*If you use an epi-pen you still must get emergency medical care immediately!!!!

Eye irrigant

First aid booklet/"Emergencies at Sea," "First Aid Afloat"

Single-serving powder packets of lemonade/Gatorade/sugar, peanut butter or cheese crackers, trail mix, ginger or ginger ale.

Water, water, water!!!

Sunscreen

Check and replace as needed every year.