



# U.M. ARMY - Texas Conference

## Work Team First Aid Kit

Assortment of Band-Aids  
Anti-bacterial hand wipes  
Insect repellent  
Insect bite cream or spray  
Sun block-16 SPF or higher  
Plastic bottle of hydrogen peroxide  
Bag of cotton balls  
Bottle calamine lotion  
2" ace bandage  
Neosporin cream or ointment  
Roll gauze  
Roll tape for gauze  
Pair of tweezers  
Box of Pepto Bismol tablets  
Box of baking soda for wasp stings  
1 gallon of distilled water for cleaning wounds  
Medications for individuals with sever allergic reactions  
(they will provide)  
You can also purchase a complete kit at Wal Mart or Target.