

STAYING PREPARED:

The Vacation Day Trip Grab and Go

Summertime brings on the urge to travel, or more pointedly to not stay home when you have an open day or weekend. The weather is nice and the 'things-to-do' list you made during the winter is ready for downloading to your family car. Events like the family reunion on the other side of the state, a day-cation to a park, or a picnic/softball game across town occupy your off-work time. It is for these events away from home you will need to build a 'day trip grab and go' kit. The supplies in this kit are for those minor problems that can happen while away from home, but border on catastrophic at the moment. This kit should include the following:

- Over-the counter medication (acetaminophen, ibuprofen, naproxen)
- Antibiotic ointment and antiseptic wipes
- Burn ointment
- Band-aids, 2X2 sterile gauze, bandaging tape
- Elastic wraps
- Hydrogen peroxide
- Anti-itch ointment
- Sunburn lotion
- Sunscreen/sun block
- Scissors, tweezers, finger nail clippers
- Sealable sandwich bags
- Chemical activated ice packs
- Sewing kit
- Duct/masking tape
- Flashlight (with batteries)
- Hard candy (sugar needs)
- Clean wash cloths
- Personal medications

This kit is often called the 'Mom Kit', as the contents are those a 'Mom' reaches for in a 'boo-boo', 'oh-oh', or 'oops' moment. It is recommended this kit be kept separately in a lightweight and easy to carry or store in a vehicle container, but a supplemental part of your emergency 'grab and go' kit at home. With the medications involved, these need to be rotated out as they reach expiration, and what better way to do that than to use the kit on a regular basis, and when it is returned it has been replenished with in-date supplies.

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On behalf of the 'Preparedness Volunteer Group' of Volunteer Partners