Should I Buy a Premade First-Aid Kit or Make My Own?

There are many considerations to bear in mind when preparing/buying a first aid kit.

In a best-case scenario, a well-stocked first aid kit will mean that you’re ready to treat anyone who may get injured during a crisis.

In a worst-case scenario, there’s a crisis and someone is already injured badly. Your first aid kit is stocked, but it doesn’t have the right items you need. A few expired aspirin and a nasal tweezer are just not going to get the job done.

You need a pair of trauma scissors to cut the casualty’s clothes to administer fast treatment. You’ll need a tourniquet to staunch the bleeding and so on. But you don’t have any of it.

What will you do?

This is a very real scenario and it highlights the importance of having a well-stocked first aid kit.

Whether your kit is premade or built by you – what really matters is that you have the most important equipment you’ll need.

* Pros and cons of a premade first aid kit

Buying a premade first aid kit is easy and extremely convenient. There’s a wide selection of first aid kits and you can pick and choose which will suit your needs best.

A standard first aid kit sold online can have anywhere from 200-300 items in it, all neatly packed and compact.

These first aid kits are portable and very versatile when it comes to treating a range of external wounds. Ideally, you may wish to get one of these first aid kits for your car.

The downside to these kits is that they are pre-packaged and that means you don’t have the flexibility to choose what goes inside the first aid kit. Nevertheless, they’re very handy to have in an emergency.

* Pros and cons of a homemade first aid kit

When you’re putting together your own first aid kit, you have full flexibility to decide what goes inside the kit. Below you’ll find a list of the basic equipment your first aid kit should have… but anything over and above that is up to you.

Ideally, it’s best to build your own first aid kit which is kept at home. You can add personal medication that you and your family members need.

Before buying any of the first aid supplies, remember to get a tactical first aid bag to store them in.

Having a bag rather than a cumbersome box will make it easier for you to grab it and go during an emergency where you need to evacuate your home.

Since you have more freedom, additional products like powder to stop bleeding will be great to add to your kit too. You won’t find this in a premade first aid kit.

If you have an infant in your household, you may need to have a nasal aspirator in the first aid kit.

Preppers who have pets may wish to add styptic powder and other first aid supplies they might need to treat an injured pet.

The biggest advantage of packing your own first aid kit is that you can tailor it to suit your needs almost perfectly.

Furthermore, buying the items individually will usually mean that you get better quality items.

Premade first aid kits have lots of items, but the quality of the bandages, band aids, etc. in these kits are not the best.

The companies manufacturing these first aid kits are trying to keep their costs low so that they can charge the customer a lower price and still make a profit.

The downside of putting together your own first aid kit is that it will cost more since you’re buying the items separately. However, your items will be far superior in quality and will last much longer.

Ultimately, you’ll need to decide what’s right for you. Use the list below as a guide when buying or putting together a first aid kit.

**First aid kit items**

* Alcohol Swabs
* Aloe Vera Cream
* Antihistamine
* Antiseptic Cream
* Antiseptic Wipes
* Arm Sling
* Aspirin/ Ibuprofen
* Band Aids (various sizes)
* Bonjela
* Bug Spray
* Burn Relief Ointment
* Calamine
* Charcoal Tablets
* Cortisone Cream
* Cotton Swabs
* Cough Medicine
* Decongestant
* Dental Floss
* Disposable Sterile Gloves
* Eye Drops
* Eye Pads
* Eye Wash
* Gauze Roll
* Glow Stick
* Hand Sanitizer
* Hydrogen Peroxide
* Insect Bite/Sting Cream
* Instant Cold Pack
* Iodine
* Medical Tape
* Nasal Aspirator
* Nasal Spray
* Nit Comb
* Pain Relief Spray
* Prescription Medication
* Rehydration Salt
* Rolled Bandages (various sizes)
* Safety Pins
* Sunscreen
* TPE Tourniquet
* Thermometer
* Trauma Scissors
* Triangular Bandage
* Tweezers
* Tylenol
* Vaseline
* Wet Wipes
* Whistle

**Arun’s note to his listies:**

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**Some products on Amazon you may promote:**

**First aid kit #1:** <https://www.amazon.com/Personal-Emergency-Supplies-Essentials-AMORNING/dp/B0BF4MF5MZ>

**First aid kit #2:** <https://www.amazon.com/First-Aid-Only-Piece-All-Purpose/dp/B000069EYA>

**Stop bleeding powder:** <https://www.amazon.com/BleedStopTM-Clotting-Patients-Equipment-Nosebleeds/dp/B0979D7YRB>

**Tactical first aid bag:** <https://www.amazon.com/LIVANS-Tactical-Upgraded-Capacity-Detachable/dp/B09H284NRP/>

**Styptic powder:** <https://www.amazon.com/DOGSWELL-Recovery-Styptic-Stopper-Container/dp/B004PJ55KC>

**(745 words)**