

Group I (Daysailer) Minimum

For this study, we compared first-aid kits for sailors of small, trailerable sailboats or dinghies who can be evacuated or reach professional medical help within minutes or a few hours. We set a maximum price of \$100. The following items should be considered the *minimum* to be included in a kit dedicated for this use.



- Band-Aids 1 x 3 inches
- Butterfly bandages
- Gauze pads
- Roll gauze
- Elastic adhesive bandage
- Adhesive tape
- Sterile dressings
- Severe laceration dressings
- Instant cold packs
- Aspirin
- NSAIDs (non-steroidal inflammatory such as Ibuprofen and Acetaminophen)
- Elastic roll (Ace) bandage
- Forceps
- Tweezers
- Eye wash
- Non-sterile gloves

The variety of medical kits provided by Fieldtex (pictured above) is typical of those companies that compete in this market. The Fieldtex kits range from small basic packages like those reviewed in this article, to far more extensive medical kits designed for people who may be out of reach of professional medical assistance for several days or more.