Accidents happen, and having a simple first aid kit on hand can help you worry less when injuries occur. Remember that it is always best to have an adult help you and teach you how to use the items in your first aid kit.

**Filling your first aid kit, you will need—**

<table>
<thead>
<tr>
<th>Hand Sanitizer</th>
<th>Antibiotic ointment</th>
<th>Gauze</th>
</tr>
</thead>
<tbody>
<tr>
<td>Band-Aids</td>
<td>Sting ointment</td>
<td>Bandages</td>
</tr>
<tr>
<td>Cleansing wipes</td>
<td>Burn ointment</td>
<td>Safety pin</td>
</tr>
</tbody>
</table>

If you are missing a few items that’s okay! You can also add anything else you think you might need. To make your first aid all you need to do is put all of your first aid supplies in a bag. It’s that simple! What other things can you think of to put in your bag?

**Making your own first aid kit bag**

On the next page we have the instructions for a really cool bag you can make to store your supplies.

To make our first aid kit, we used: a scrap piece of fabric ([the sleeve from our Earth Day Reusable bag project](#)) close to 5 inches tall and 8 inches long, a string, a close pin, iron seam tape, scissors an iron.

We used iron seam tape because that’s what we found in our house. You can hand sew it or use a sewing machine too!
**Step One**- Find a rectangle piece of scrap fabric that can be folded in half to make a square. Trim the non-folded side if necessary. We are using the left over sleeve from the Earth Day Reusable Shopping bag!

**Step Three**- Line one side and half the bottom with double sided sewing tape. Then fold in half and iron! You now have an open bag!

**Step Two**- Place double sided sewing tape on the top edge. Then fold one inch of fabric down and iron to glue. This will make a tube for your string to go through! Make sure to get adult help with an iron!

**Step Four**- Cut two small holes in the tube you made in Step Two right next to each other. Then with the help of a safety pin, pull your string through the tube.

**Step Five**- Decorate your first aid kit and fill with your supplies! Pull the string closed and you have a first aid kit ready for your adventures!