

First-aid kits: Stock supplies that can save lives

Last Modified: 23rd November, 2015, 6:14 PM

Some tips for what to have in your First Aid / Emergency kits...

[First-aid kits: Stock supplies that can save lives: http://www.mayoclinic.org/first-aid/first-aid-kits/basics/art-20056673](http://www.mayoclinic.org/first-aid/first-aid-kits/basics/art-20056673)

What do you think should be substituted or added?

I like having “[diphenhydramine](#)” ([Benadryl](#)) on-hand because it can also serve as an antiemetic: it treats nausea and motion sickness.

Start planning for stuff you should have in your car if you get stranded in cold weather.