- Health and First Aid -

• List of allergies
• List of medications
• Emergency contact’s name, address and telephone
• Name of doctor
• Telephone number of doctor’s office
• Carry a cellphone—make sure the battery is charged before arriving at the site
• Have adequate transportation available
• Know the location of the nearest hospital/emergency treatment center

Recommended first aid kit items:

• Band-Aids (various sizes)
• Flashlight
• Gauze, flexible rolls
• Gloves (disposable, medical kind)
• Ice bag or chemical pack
• Safety Pins
• Scissors
• Antiseptic solution
• Antiseptic soap
• Neosporin
• Normal saline solution
• Aspirin tablets
• Tylenol
• Sunscreen
• Bug Spray
• Bottled water for drinking and cleaning wounds
• Emergency medication for those with allergies

These guidelines are recommended by PennDOT. www.penndot.gov/about-us/RoadsideBeautification/Training/Pages/default.aspx