

# Recommendations for a Dungeon or Toy Bag First Aid Kit

## Personal Items

1. Mobile phone
2. Quarters for phone call
3. Cab fare
4. Emergency phone numbers
5. Information about physical ailments and medications
6. Change of clothing
7. Prescription Medication
8. Feminine Hygiene supplies

## Standard First Aid Kit Items

1. A bottle of water-based lube
2. Latex condoms without N-9
3. Oral Barriers
4. Antiseptic ointment
5. Gauze pads
6. Small flashlight & batteries
7. Benzalkonium Chloride towelettes
8. Antimicrobial "Sani-Dex" Handi wipes
9. Plastic bags for "Trash/Bio-hazard"
10. Latex or nitrile gloves
11. Variety of Band aids
12. Cold Pack
13. Hot Pack
14. Ace Bandages (2" or 4")
15. Safety Scissors
16. Blanket
17. Saline solution
18. Gauze
19. Tweezers
20. Tylenol
21. Smelling salts
22. Glucose tablets
23. Aloe Vera

## Other Sites with BDSM First Aid Kit Recommendations

- <http://www.evilm Monk.org/a/blossomkit.cfm>
- <http://www.msconstance.com/BDSM%20Emergency%20&%20First%20Aid%20Kit.htm>
- <http://voices.yahoo.com/bdsm-101-first-aid-kit-essential-toy-1822698.html>
- [http://www.unfettered.co.uk/resources/copy\\_of\\_firstaid/firstaid.html](http://www.unfettered.co.uk/resources/copy_of_firstaid/firstaid.html)

- <http://www.idahobdsm.com/articles/health/firstaid.html>
- <http://www.ladysun.info/thesafetykit.php>