

FIRST-AID KITS

ASSEMBLING NECESSITIES BASED ON YOUR TYPE OF BOATING

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As I prepared for a recent Chicago–Mackinac Race, my skipper asked me to take a look at his medical kit. His boat regularly races with a crew of 10 for anything from daysails to crossing Lake Michigan. Imagine my surprise to find that the “kit” consisted of two Band-Aids and an Imodium. If a third person got cut, or a second one pooped, we were going to be in trouble!

Not all kits are in that condition, of course, but I’ve found many cases where there are outdated and expired products and items inappropriate for a shipboard emergency.

The first step to handling medical emergencies on the water with confidence is having the right tools

for the job. Building a medical kit customized to your unique needs starts with identifying what kind of sailing you do: daysailing, coastal cruising, or offshore passagemaking.

Next, consider your potential “patients” and their needs—are you frequently sailing with children, older adults, or someone with a diagnosis such as diabetes or other chronic illness who may require specialized supplies?

KEEP CALM
AND
CARRY
ON



Wash your hands before treating your patient if possible. Wear gloves, and after removing them wash hands with either soap and water or hand sanitizer.

