

Trail First Aid Kit for Pets, from Dr. Karin Schmidt, DVM

- Scissors: numerous uses including cutting hair away from wound.
- Nail clippers: use the heavy duty type, keep them sharp.
- Hemostats: useful in removing small foreign bodies, quills, and useful in suturing wounds.
- Bandage materials: gauze, cotton balls, Telfa pads®, 1 inch white medical tape, 2 and 4 inch vet wrap and adhesive elastic wrap.
- Ophthalmic ointment: without cortisone. Also saline eye flush.
- Betadine (or other disinfectant) scrub: do not use around eyes.
- Betadine solution: a 1% solution is safe to flush around the eyes and deep wounds.
- Triple antibiotic first aid ointment.
- Panalog or similar ointment for ears and minor skin irritations.
- Thermometer in case: normal rectal temperature in the dog and cat is 100 to 102°F.
- Suture material: with swedged-on needle: good for tacking skin in place until a vet can be reached. You can purchase a surgical staple gun at a pharmacy.
- Antibiotic: Cephalexin is a good broad spectrum antibiotic. Have it labeled for your pet.
- Antihistamine: use for insect bites and allergic reactions. Benadryl. (diphenhydramine hcl) 1 mg per pound: 50 lb dog: 2 tabs) every 8 hrs. This will affect the dog's sense of smell because it dries the mucous membranes.
- Anti-diarrheal: Pepto Bismol is safe (for a 50 lb dog use the recommended adult dose). For more serious diarrhea, Immodium AD (may affect sense of smell) may help at 1 to 2 tablets per 50 lbs every 8 hrs.
- 3% Hydrogen peroxide to induce vomiting. Use 1 tsp per 10 lbs or 5 cc per 10 lbs. Repeat every 10 minutes until you induce vomiting. This may temporarily turn the inside of the mouth white. Don't use hydrogen peroxide for cleaning wounds. It irritates tissue and may drive the bacteria deeper into the wound.
- Analgesics: Rimadyl, or similar, dosed for you dog. If the safer dog medications are not available, you may use a few doses of the following: aspirin can be given at 250-550 mg per 50 lb dog up to every 8 hrs. Acetaminophen: 250 mg every 12 hrs for 50 lb dog. Ibuprofen: 400 mg twice a day for 50 lb dog. Do not use the medications if the dog is not eating or is vomiting. (NOT for cats!)
- Analgesics for cats: never use acetaminophen!!! You can give a full-grown adult cat ¼ baby aspirin once a day for a few days.

National Animal Poison Control Center: 1-800-548-2423