**SAFTEY CHECKLIST**

**FIRST AID KIT**

* Comfort
  + Kleenex/ Hand cream/ Chapstick
  + Insect-bite relief/ Solarcaine
  + Ibuprofen/ Acetaminophen
  + Antacid/ Pepto-bismol
  + Tampons/ pads
* Prevention
  + Sunscreen (min. SPF-30)
  + Motion-sickness pills
  + Artificial tears
  + Nail clippers
* Treatment
  + Band-aids/ sterile pads/ Triangular bandages/ Towelettes
  + Adhesive tape (hypoallergenic)
  + Q-tips/ Cotton balls/ Tweezers
  + Antiseptic/ Burn ointment/ Antifungal ointment/ Calamine lotion
  + Eye-wash cup or irrigation packet
  + Blunt scissors/ Snakebite kit
  + First-aid manual
  + Matches
  + Field dressing/compression bandage
  + Surgical tube/tourniquet
  + Alcohol

**SAFETY GEAR**

* Lifejackets for all onboard/Whistles
* Emergency Lights/ Life Belts
* Sea Anchor/ drogue
* Bimini/ Spray/ cockpit dodger
* Jack Lines and other attachment points
* Clothing and non-slip shoes/ barefoot issue
* Main Boom/ Rigging and winches
* Seasickness
* Liferaft/ Dinghy
* Signal Flares/ Flare Gun/ Dye marker
* Horn/ Signal mirror/ Handheld strobe
* EPIRB
* Rescue Collar/Floating light/Heaving line
* MOB button GPS
* Radio Equipment
* Bilge pump/ hand pump/ buckets/ Seacocks
* Heads
* Emergency tiller
* Anchoring equipment/spare/emerg
* Fire extinguishers/ Fuel shutoff
* Battery Main
* Leatherman/Rigging knives (1 per crewmember)
* Heaving line
* Radar reflector
* Handheld spotlight/ chargers
* Boat hook/ Boarding ladder

**ON BOARD HAZARDS**

* Boom/ genoa
* Lines/Sheets/Halyards
* Winches
* Anchor/windlass
* Life lines
* Slippery decks
* Sail drives/ propellers
* Swim ability
* Water temperature
* Tides/ current
* Docks/ other boats
* Waves/ boat motion
* Shore power
* Propane