

A BDSM First Aid Kit

Published by Kristan X on 5th January 2021

However careful you are, **sometimes someone is going to get hurt**. All being well this should amount to little more than a few cuts and bruises, and maybe an oddly-shaped graze in an embarrassing place. But **kinky stuff can be dangerous sometimes, and more serious injuries are entirely possible.**

It's a good idea, then, to be prepared. Your kinky first aid kit will vary depending on what activities you like to engage in, but here's a suggested list for a good general purpose first aid kit that should cover a wide range of kinks.

Personal Protection

... and no, in this case I'm not talking about condoms (although condoms, dental dams, and a little sachet of lube are generally useful things to have on hand). You'll probably use your first aid kit on your partner, with whom you might already share more bodily fluids than you can shake a stick at. Despite this, **gloves** are still a great idea for keeping your hands clean, lean, and non-infectious.

Tools

A pair of **scissors** and a pair of **tweezers** are usually sufficient to cover a range of situations. If you're into rope, consider adding a **knot picker** and a **rope cutter** too. A knife might look cool, but it'll definitely look less so if you slice your partner open while trying to rescue them from a bad tie. Banal as it might seem, chuck a **pen** in there as well. You never know when you might need to write things down.

Wound Care

You've got a lot to choose from when it comes to wound care. For most people some **antiseptic wipes**, plasters, and a couple of **bandages or dressings** should do the job. If you expect some more exotic wounds, consider adding in **gauze, saline, burn dressings, butterfly strips, or glue**. For burns, consider a nice, **sterile roll of cling film and the burn ointment** of your choice. In the interests of keeping your first aid kit manageable, though, make sure you stick to things you actually know how to use.

Painkillers

Lots of people find painkillers a useful addition. **Acetaminophen and Ibuprofen** are the two biggies, the first of which is great for headaches and general pain, and the latter of which is often used to take the edge off period cramps, muscle pains, strains, and sprains. Some people, by the way, really don't get along with Ibuprofen (me included), so it's worth carrying both if you're unsure.

Throat lozenges are traditionally the preserve of the cold-ridden and flu-struck. Many have ingredients with anaesthetic properties though, and these can be useful if your throat tends to get a little sore after having a dick thrust forcefully into it.

Cold Stuff

Ice packs are a convenient, non-drippy way to make something cold. Making something cold is a convenient way to reduce pain and swelling. Actual ice is also good, but has a number of disadvantages: it can cause a cold burn if applied directly to the skin, and also really doesn't keep well in a first aid bag.

Water

A **bottle of water** is always useful. Use it to replenish fluids, wash grit out of eyes, or cool burns. Wherever you're playing there'll usually be a source of clean water nearby, so you don't need to go overboard when stocking up your kit. A bottle should do it.

Some people like to include a **sachet of sports drink powder** – something that can be mixed into the water to make it extra spiffy when it comes to replacing lost fluids.

Useful Kit

Your first aid kit is a good place to stash items that aren't going to be used for medical interventions exactly, but which are nonetheless super handy. **A pack of tissues, a bunch of safety pins, some tape, a few condoms, and a sachet of lube are all great additions. Consider sunscreen and bug spray too if you're going to be playing outside.** Biting is sexy. Being eaten alive by bugs is not.

Competence

Amassing a whole bunch of exciting kit could be considered a fetish in and of itself. It's all pretty worthless if you don't know how to use it, though.

Angelique's extra thoughts:

- **Customize based on partners needs**
 - **le: sugar issues - include hard candy etc**
 - **EpiPen**