FIRST AID KIT CHECKLIST

**CAUTION: KEEP OUT OF REACH OF CHILDREN**

MEDICATIONS (Internal Use):

\*Get child and adult strengths where needed

* Aspirin (not for under 12 years)
* Non-aspirin pain relievers\*
* Benadryl\*
* Cold, cough, & sinus medications\*
* Anti-diarrhea medication
* Medicine for stomach ache/heartburn
* Electrolyte packets
* Laxatives\*
* Dramamine and/or Bonine
* Oral Analgesics\* (gum & tooth pain)
* Eye drops
* Nose drops or spray
* Throat lozenges (for pain)
* Cough drops (soothe dry throat)
* Potassium Iodide\* (optional—for nuclear disaster, use only when told)

TOPICAL MEDICATION (External):

* Petroleum &/or KY jelly
* Antibiotic ointment
* Hydrocortisone cream (1%)
* Antifungal cream
* Burn cream or gel
* Topical anesthetic spray
* Anti-itch spray, cream, or lotion
* Clear nail polish (for chiggers)
* Aloe Vera gel (minor sunburns)
* Poison Ivy & Oak soap
* Rubbing alcohol (or alcohol preps)
* Small bottle hand sanitizer
* Antiseptic cleanser &/or wipes
* Sun block (SPF 15 or higher)
* Lip Balm (with sun block preferred)
* Earache drops

IMPLEMENTS AND TOOLS:

* Pair of scissors
* Tweezers (both types)
* Magnifying glass (small)
* Travel sewing kit
* Assorted sizes safety pins
* Medicine dropper and/or spoon
* Thermometer
* Mouth barrier devise (optional)
* Tongue depressors
* Finger splints (optional)
* Razor blades (in safe container)
* Bulb syringe

BANDAGES AND DRESSINGS:

* 2-3 Rolls first aid tape (choose different types and sizes)
* Assorted sizes adhesive bandages
* Butterfly bandages
* Assorted sizes sterile gauze pads
* Eye Patch
* Ace bandage
* 2 Rolls sterile gauze (different sizes)
* Triangular bandages and safety pins 36-40" square muslin cut in ½ on bias (makes 2)

OTHER:

* First aid manual
* Consecrated oil
* Chemically activated heat packs
* Chemically activated ice packs
* 2 Pair latex gloves
* Cotton balls or squares
* Q-tips
* Smelling salts (optional)
* Moleskin (for blisters on feet)
* Snake bite kit (optional)