

FIRST AID KIT CHECKLIST

CAUTION: KEEP OUT OF REACH OF CHILDREN

Note: Go through your kit periodically and replace expired items

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 stomachache/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
- Chiggerex (or similar) 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 (different types)
- Assorted sizes adhesive bandages
- Butterfly bandages
- Assorted sizes sterile gauze pads
- Eye Patch
- Ace bandage
- 2 Rolls sterile gauze (different sizes)
- Israeli-type compression bandage
- Triangular bandages and safety pins
36-40" square muslin cut in 1/2 on bias (makes 2)

OTHER:

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