

First Aid Kit Checklist

Caution: Keep most first aid items out of reach of children

Reminder: Go through your kit periodically and replace expired items

Internal Medications

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

*Get child and adult strengths where needed

Topical Medications (External Use Only)

- Petroleum or other lubricating 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)
- Soap for after contact with poison ivy or poison oak
- Rubbing alcohol (or alcohol preps)
- Bottle of hand sanitizer
- Antiseptic cleanser and/or wipes
- Sun block (SPF 15 or higher)
- Lip balm (with sun block preferred)
- Earache drops

Implements and Tools

- 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)
- Adhesive bandages (assorted sizes)
- Butterfly bandages
- Sterile gauze pads (assorted sizes)
- Eye patch
- Ace bandage
- 2 rolls sterile gauze (different sizes)
- Israeli-type compression bandage
- Triangular bandages and safety pins 36" to 40" square of muslin cut in half on the bias (makes 2)

Other

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