



FIRST AID KIT CHECKLIST

Basic First Aid Items:

- Emergency First Aid Guide
- A paper with personal information and contact person
- Medical alert jewelry if you have allergies or diabetes
- Coins for emergency phone calls
- Absorbent compress dressings
- Adhesive bandages
- Adhesive cloth tape
- Antiseptic wipes and cream (alcohol-based are okay)
- Alcohol-free cleansing wipes
- Hydro-colloid blister plasters
- Emergency blanket
- Cold compress
- Pair of disposable, non-latex gloves
- Sterile gauze dressings
- Sterile eye dressings
- Gauze roll
- Sterile gauze pads
- Crêpe rolled bandages
- Sterile bandages
- Sterile compresses
- Triangular-bandages to secure or support limbs
- Surgical sutures
- Cotton swabs

First Aid Tools:

- Splinting materials
- Knife or a multi-tool with knife
- Digital thermometer
- Road flares
- EPI pen
- Tweezers for splinters
- Razor blades
- Scissors
- Small mirror
- Safety pins
- Sticky tape
- Bee sting kit
- Snake bite kit
- Plastic bags
- Small bottle of water
- Optional: Breathing barrier*

First Aid Medications:

- Aspirin
- Cough medicine
- Vitamins
- Sinus medication
- Painkillers
- Prescription medications
- Diarrhea medication
- Epinephrine injection pens
- Saline solution to clean wounds
- Insect sting and anti-itch treatment
- Aloe-Vera based gel for burns
- Syrup of ipecac
- Antiseptic cream
- Skin rash cream
- Anti-swelling, itching, and redness cream
- Antibiotic cream
- Poison Ivy cream
- Hydrogen peroxide
- Eye wash
- Distilled water
- Optional: Water purification*