



Basic First Aid Kit



This suggested first aid kit list is a basis for creating your own list of first aid supplies. Add items according to you and your family's training, needs, and abilities. Have first aid kits easily identifiable, accessible, labeled, stocked, and rotated. Be sure to have first aid kits at home, in the vehicles, at work, and anywhere else you spend time.

Personal Protective Equipment

- ☐ Non-latex, nitrile exam gloves (2 med, 2 lg) in a zip-style baggie to prevent drying out
- ☐ 1 rescue breathing barrier
- ☐ 2 N-95 masks
- ☐ 1 pair protective glasses or face shield
- ☐ Alcohol-based hand sanitizer

Bandaging

- ☐ 2 compress dressing trauma pads (5X9in)
- ☐ 1 box assorted adhesive bandages
- ☐ 4 fingertip adhesive bandages
- ☐ 4 knuckle adhesive bandages
- ☐ 5 butterfly adhesive bandages
- ☐ 1 adhesive cloth tape (10ydsX1in)
- ☐ 4 roller bandages (3 or 4in)
- ☐ 1 large roller bandage (Kerlix style)
- ☐ 12 sterile gauze pads (4X4in)
- ☐ 2 triangle bandages
- ☐ 2 elastic bandages (3in)
- ☐ 1 large SAM style split
- ☐ 2 tongue depressors
- ☐ 5 safety pins

Ointments and Medications

- ☐ Personal and family medication as needed
- ☐ 10 triple antibiotic packets (.03oz)
- ☐ 10 antiseptic towelettes (.14oz)

- ☐ 10 alcohol pads
- ☐ 5 hydrocortisone packets (.03oz)
- ☐ 5 burn cream packets or dressings
- ☐ 2 packets aspirin
- ☐ 5 packets ibuprofen
- ☐ 5 packets acetaminophen
- ☐ 5 packets allergy medication
- ☐ 1 oral glucose tablet
- ☐ 1 small bottle saline solution

Additional Items

- ☐ 1 reflective "space" blanket
- ☐ 2 instant cold packs
- ☐ 1 blunt-nosed scissors
- ☐ 1 tweezers
- ☐ 5 cotton-tip applicators
- ☐ 1 small sewing kit with needle
- ☐ 1 pencil and pocket size notepad
- ☐ 1 up-to-date first aid instruction booklet

Optional Items

- ☐ 1 commercial windlass rod tourniquet
- ☐ 1 eye pad and eye covering
- ☐ 2 tampons or pads for excessive bleeding
- ☐ 1 fingernail clippers
- ☐ Bug repellent
- ☐ Sunscreen and lip balm
- ☐ Penlight

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