

# FIRST AID KIT CHECKLIST

## PRIORITY + OPTIONAL SUPPLIES

PRIORITY SUPPLIES		OPTIONAL SUPPLIES		MEDICINE
		TOOLS		
	first aid guide		gloves	Benadryl
	DRESSING, PADS, AND BANDAGES		trauma shears	Loperamide aka Imodium
	silk medical tape roll		safety pins	activated charcoal tablets
	rolled gauze		thermometer	advil or ibuprofen
	moleskin		tweezers	antibiotics (bactrim, doxycycline, neosporin, polyspirin)
	SAN splint		tourniquet	Aspirin
	band-aid (various sizes)		sterile scissors	caffeine pills
	SUPPLIES		thread and needle stored in isopropyl alcohol	acetaminophen aka Tylenol
	white petroleum jelly or vaseline		stethoscope	diphenhydramine aka Benadryl
	hydrocortisone cream		blood pressure monitor	Antihistamine
	saline eye drops		blood sugar monitor	acid reflux medicine ( <i>tums, alka seltzer, prilosec, pept-bismol pills</i> )
	cough drops		DRESSING, PADS, AND BANDAGES	Miconazole
	hydrogen peroxide		abdominal pads	electrolyte drink
	burn gel		gauze pads	eye drops
	sunscreen lotions and zinc oxide		ace bandages	Bacitracin antibiotic ointment with zinc
	TOOLS		triangular bandages	burn ointment
	Nasopharyngeal airway - 28 french		butterfly bandages	eye wash
	needle & thread		coban roll	anti-diarrheal medications
	emergency blanket		chest seals	Antacids
	flash light		z-fold gauze	Laxatives
	wound irrigation syringe 20cc with 18 gauge tip		pressure dressing	OPTIONAL KITS
	plastic cling wrap		plastic cling wrap - 2" wide roll	dental medic / dental first aid kit
	instant cold packs		elastic wrap	snake bite kit
	heat pack		medical tape	bee sting kit
	N95 respirators / masks		cloth knuckle bandage (optional)	first aid kit for dogs
			Tegaderm	trauma pack
				snake bite kit

# FIRST AID KIT CHECKLIST

## ADDITIONAL SUPPLIES

TOOLS	
kelly clamps	
OPAs	
jeweler's loupe	
medical scissors	
hemostat	
dental extractors	
scalpel - #10, #11, #15	
skin stapler/remover and adson forceps	
N95 mask	
floss	
dermabond or superglue	
CPR masks	
tapes (duct. adhesive, paper)	
eye cup	
quikclot or celox	
HYGIENE SUPPLY	
antibacterial soap	
sterile eyewash	
MEDICINE	
Lidocaine <i>antiseptic to reduce pain in wound</i>	
anti-inflammatory medicine	
antiseptics	
rehydration tablet/mixes	
ammonia inhalants	
aloe vera	
hydrogen peroxide	
vitamin C	
multivitamins	
claritin	
epi-pen	
athlete's foot powder	
wound spray	
calamine lotion	
hand sanitizer	
betadine swabs	
acetaminophen	
cough syrup/ drops	
menthol inhaler stick	
hydrocortisone	
insect repellent	
sunscreen	
glucose tablet	
DRESSING, PADS, AND BANDAGES	
alcohol pads	
cotton sheets	
eye pads	
antibiotic cream and ointment	
steri strips	
universal cervical collar	
liquid bandages	
soft-wrap elastic bandages	
micropore paper tape	
fabric adhesive dressings and bandages	
coverlet adhesive 4-wing dressing	
non-adherent bandage pads	
adhesive wound closures	
triangular bandages	
bandaids	
5x9 compress dressings	
sterile gauze pads (3x3, 4x4)	
roller bandage 3" wide	
roller bandage 4" wide	
cotton balls	
cotton tipped swabs	
alcohol swabs and antiseptic wipes,	
Reusable GEL packs	
wool blankets	