

# First-aid Kit Checklist

## Simple First Aid Kit

- Absorbent Compress (1 - 5" x 9")
- Adhesive Bandages (23 in assorted sizes)
- Adhesive Cloth Tape (5 yards x 1")
- Antibiotic Ointment (2 packets, approximately 1 gram each)
- Antiseptic Wipe Packets (2)
- Aspirin (2 packets, 81 mg each)
- Non-Latex Gloves (1 pair, size, large)
- Scissors
- 3" Roller Bandages (3)
- Sterile Gauze Pad (3" x 3")
- First Aid Instruction Card

## Auxillary items which may be included in your first aid emergency kits

- Activated Charcoal (use only if instructed by Poison Control Center)
- Blanket
- Hand cleaner
- Plastic bags
- Small flashlight and extra batteries or self-rechargeable
- Small pocket
- Absorbent cotton balls
- Snake bite kit
- Safety pins
- Cotton swaps
- Oral antihistamine
- Saline solution
- Feminine pads
- Splinting material
- Suture kit
- Oatmeal, mixture stops itch
- Shaving supplies
- Finger tip bandages
- Bed pan
- Mole skin
- Rubbing alcohol
- Antiseptic spray
- Burn spray or ointment
- Co-flex can replace roller bandages.

## Family First Aid Kit

- Absorbent Compress (2 - 5" x 9")
- Adhesive Bandages (64 in assorted sizes)
- Adhesive Cloth Tape (5 yards x 1")
- Antibiotic Ointment (5 packets)
- Hydrocortisone Ointment (2 packets, approximately 1 gram each)
- Antiseptic Wipe Packets (5 packets)
- Aspirin (2 packets, 81 mg each)
- Non-Latex Gloves (2 pair, size, large)
- Scissors
- 3" Roller Bandages (3)
- 4" Roller Bandage
- Sterile Gauze Pad (5, 3" x 3")
- Sterile Gauze Pad (5, 4" x 4")
- Space Blanket
- Breathing Barrier (with a one-way valve)
- Instant Cold Compress
- Oral Thermometer (non-mercury/non-glass)
- Triangular Bandages (2)
- Tweezers
- First Aid Instruction Booklet

## Notes

- Co-flex can be found wherever veterinary supplies are sold. They make it for people, but the vet supplies are usually less expensive. It stretches like elastic wrap, but it sticks to itself, but not to the skin. It will hold a bandage in place very well.
- Feminine pads can be used in place of most gauze-type dressings. They are clean, usually individually wrapped, and they absorb blood very well. They also cushion the wound.
- Soap and water is the best way to clean a wound.
- Protect yourself. All national emergency sources, Red Cross, FEMA, Ready.Org, etc. recommend including sterile plastic, non-latex gloves. Include large gloves.
- Antihistamine may be important for bee stings or other allergic reactions.