

FIRST-AID KIT CHECKLIST

Medical Equipment

- ☐ Thermometer
- ☐ Scissors
- ☐ Tweezers (for splinters & ticks)
- ☐ Forceps
- ☐ Aluminum Finger Splint (can use wooden sticks and tape)
- ☐ Oral Syringe, medicine cup and/or spoon (for dosing medicines)
- ☐ Baby nose suction bulb
- ☐ Ice Bag (Instant/rapid ice packs and/or reusable packs)
- ☐ Disposable gloves (latex or non-latex)
- ☐ Cotton balls
- ☐ Q-tips style cleaning sticks

Bandages & Dressings

- ☐ Adhesive Bandages (Assorted Sizes)
- ☐ Knee Bandages
- ☐ Moleskin (for blisters, corns, or hotspots)
- ☐ Liquid Bandage
- ☐ Elastic Bandages
- ☐ Sterile Gauze (Rolls and pads)
- ☐ Wound tape

Medicine

- ☐ Prescriptions
- ☐ Cough & cold/flu relief
- ☐ Laxative
- ☐ Antidiarrheal
- ☐ Antihistamines (allergy pills)
- ☐ Antacids
- ☐ Motion sickness pills
- ☐ Vitamins

Ointments

- ☐ Antibiotic Ointments (bacitracin, polysporin or other ointment)
- ☐ Antiseptic solutions or wipes (hydrogen peroxide)
- ☐ Calamine lotions (stings, skin allergy, chicken pox, measles, poison ivy)
- ☐ Eye wash / eye drops / saline
- ☐ Itch Relief (Hydrocortisone cream)
- ☐ Sunscreen
- ☐ Bug spray
- ☐ Chapstick
- ☐ Hand sanitizer or anti-bacterial wipes

Pain Relief

- ☐ Sprays
- ☐ Creams
- ☐ For menstrual cramps
- ☐ Sprains
- ☐ Reduce swelling
- ☐ Headache

Feminine Hygiene

- ☐ Pads
- ☐ Tampons
- ☐ Wipes
- ☐ Bladder pads

Other First Aid

- ☐ Clean rags
- ☐ Bandanas
- ☐ Face mask
- ☐ Ear plugs
- ☐ Eyeshield
- ☐ Hair ties
- ☐ Tissues

