

First Aid Kit Checklist

This list is a suggestion only, based on my personal on-line research and not meant to be all-inclusive. Below are links to several sites that were helpful in my research. Links provided are to the "home" page. In the "search" box of each of these websites, type in "first aid kit" for articles and checklists.

<http://www.redcross.org>
<http://www.ready.gov>
<http://www.livestrong.com>
<http://www.mayoclinic.com>
<http://www.ehow.com>

One of the sources divided the items into the following categories: Clean, Treat, Protect, Accessories. This makes sense to me, so I'm using the same format, but have added a Sanitation category.

Also, please note that most purchased First Aid Kits do not include even HALF of the items listed on this checklist. You can use this checklist against what you already have in your purchased first aid kit and in your medicine cabinet and then round it out by purchasing the rest at your local drugstore or on-line.

THIS LIST BELONGS TO THE _____ FAMILY.

IT WAS LAST REVIEWED AND UPDATED ON (insert date): _____

CLEAN

- 5 antiseptic wipe packets
- 5 alcohol prep pads
- Bar of soap
- 2 pairs non-latex sterile gloves, size Large
- 5 sterile gauze pads (2 x 2 inches)
- 5 sterile gauze pads (3 x 3 inches)
- 5 sterile gauze pads (4 x 4 inches)
- Turkey baster (new; unused as an actual turkey baster) to flush out lacerations
- Cotton balls
- Cotton swabs

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TREAT

- 2 absorbent compress dressings (5 x 9 inches)
- 2 heavy duty feminine pads (to use as a compress for a large wound)
- Duct tape (to use for a large wound with the feminine pads)
- 1 instant cold compress
- 1 breathing barrier (with one-way valve)
- 5 antibiotic ointment packets (approximately 1 gram, each)
- 2 hydrocortisone ointment packets (approximately 1 gram, each)
- 2 sting relief pads
- Small tube or container of petroleum jelly
- Medicine dropper
- Sterile eye wash solution
- Small tube of burn ointment
- 2 packets of aspirin (81 mg each)
- 2 packets of aspirin (325 mg each)
- 2 packets of ibuprofen (200 mg each)
- 2 packets of acetaminophen (500 mg each)
- 2 packets of anti-diarrhea medication
- 2 packets of antacid tablets
- 2 packets of laxative capsules
- Over-the-counter oral antihistamine (such as Benadryl)
- Oral thermometer (non-mercury/non-glass)
- Elastic wrap bandage with metal clips or self-sticking (such as Ace)
- Calamine lotion
- Aloe Vera gel
- Instant hot pack
- Instant cold pack
- Finger splints
- Scissors
- Tweezers
- Multi-purpose pocket knife
- Safety pins
- Needle
- Syringe, medicine cup or spoon

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PROTECT

- 25 adhesive bandages of assorted sizes
- 1 roller bandage (3 inches wide)
- 1 roller bandage (4 inches wide)
- Sterile gauze pads listed under "Clean"
- 2 pair sterile eye pads
- 2 triangular bandages
- Splints
- 5 ear loop masks (for filtering out bacteria, pollen, dust)
- 1 adhesive cloth tape (10 yards x 1 inch)
- 1 blanket (space blanket)

SANITATION

- Toilet paper
- Family wipes
- Plastic bags
- Hand sanitizer
- Toothbrushes
- Toothpaste

ADDITIONAL TOOL AND SUPPLIES

- First Aid Handbook
- Emergency whistle
- Mini flashlight with extra batteries
- Extra plastic bags to throw away contaminated items
- Emergency contact information sheet
- Sunscreen
- Spare glasses or a magnifying glass
- Container(s) to store all of the above supplies, preferably water proof

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Keep this list in your First Aid Kit and your Emergency Kit and update these items annually.