

What's In MY First Aid Kit!

RECOMMENDED ITEM:	DESCRIPTION:	RECOMMENDED:
First Aid Booklet	Compact	One
Antiseptic Wipes	Individual Packets	6
Antibiotic Ointment	Individual Packets (or <i>Small Tube</i>)	6 (or 1)
Anti-Microbial Hand Cleaner (Waterless)	Individual Packets	6
Sterile Bandages, 1" Wide		6 - 12
Steri-Strips, Butterfly Sutures		As many as is practical
Sterile Gauze Pads	4" x 4"	6
Sterile Gauze Pads	2" x 2"	6
Medical Tape	1" Wide <i>Paper</i>	2 Rolls
CPR Mask		1
Emergency "Space" Blanket		1 or 2
Normal Saline	10 ml vials	As many as is practical
Instant Cold Packs	One-time use	1 or 2
Burn Cream or Burn Gel	Containing Aloe Vera	1
Glow Sticks	One-time use	4
Heavy Duty Zip-Loc Bags ("Freezer" if possible)	Gallon, Quart, & "Snack"	
Non-Latex Gloves		Minimum: 4 pairs
Non-Deodorant Feminine Pads		2-4 Doses
Anti-Diarrhea Tablets	Single-Dose Packets	2-4 Doses
Antacid	Single-Dose (<i>or Small Roll</i>)	2 - 4 (or 1 roll)
Antihistamine	Single-Dose Packets	2-4 Doses
Ibuprofen	Single-Dose Packets	2-4 Doses
Acetaminophen	Single-Dose Packets	2-4 Doses
Naproxen Sodium	Single-Dose Packets	2-4 Doses
Triangular Bandage		1 - 2
Scissors	Preferably, "Trauma Shears"	1 Pair
Gauze "Kling" Bandage	2" Wide & Larger	3 or 4, at least
Elastic Bandage	3" Wide	1
Tweezers	(Easy-grip handles)	1
Eye Drops		1
Flashlight		1
Fresh, Spare Batteries		
Duct Tape		1
Note Pad		1
Pen/"Sharpie"		2
Mobile Phone		1
Alcohol Prep Pads (Wipes)	Individual Packets	6