

FIRST AID KIT SUPPLIES

As a reminder, you should have a first aid kit in your home and a first aid kit in each of your vehicles. While you can purchase ready-made first aid kits at many stores and online, you might want to consider assembling your own kit (especially for the first aid kit you keep in your home which may contain more supplies).

Below is a list of recommended items for a first aid kit. Consider purchasing a large fishing tackle box and label it as your family first aid kit (for your home). They work well since they contain so many sections/compartments.

NOTE: KEEP YOUR FIRST AID KIT OUT OF THE REACH OF YOUNG CHILDREN.

Adhesive tape
Aloe Vera gel
Aluminum finger splint
Antacids
Antibacterial cream (Neosporin)
Antibiotic ointment
Anti-diarrhea medicine
Antifungal ointment
Antihistamine (Benadryl)
Antiseptic wipes
Aspirin (**DO NOT GIVE TO CHILDREN; FOR ADULTS ONLY WITH CHEST PAIN**)
Auto-injector epinephrine (**AS PRESCRIBED FOR THOSE ALLERGIC TO BEES**)
Band-aids and “butterfly” bandages (various sizes)
Blanket
Calamine lotion
Cotton balls and Q-tips
Cough and cold medicine
Disposable non-latex gloves
Duct tape
Elastic wrap bandages
Eye drops
Eye pad
Eye wash solution

Face masks
FIRST AID MANUAL
Hand sanitizer
Hydrocortisone cream
Hydrogen peroxide
Instant cold compress
Laxatives
Non-stick sterile bandages (various sizes)
Pain relievers (Tylenol, Ibuprofen)
Petroleum jelly
Plastic bags (assorted sizes)
Roller gauze
Rubber tourniquet
Safety pins
Scissors
Skin glue or surgical glue
Syringe, medicine cup, or spoon
Thermometer
Turkey baster
Tweezers