

# First Aid Kit Checklist

By Lauren Meir

- Tools
  - Small Scissors
  - Tweezers
  - Needle
  - Suture thread
  - Sterile disposable gloves
  - Surgical mask
  - Stethoscope
  - Emergency eye wash kit
- Guides
  - CPR Guide
  - Heimlich Maneuver guide
  - What to do for accidental poisoning
  - Guide on poisonous plants or insects
- Bandages and Cloths
  - Adhesive Bandages Various sizes and shapes.
  - Surgical Gauze
  - Surgical Tape
  - Skin Tape/Butterfly closure strips
  - Eye Pads
  - Cotton Pads and cotton balls
  - Large cloth bandages
  - Ace bandages
- Wound Cleaning and Care
  - Antibiotic Ointment or cream
  - Iodine
  - Sterile alcohol wipes
  - Antiseptic towelettes
  - Spray or cream ;for mild burns
  - Calamine Lotion or powder
  - Anti-fungal cream

- Petroleum jelly
- Aloe Vera
- Saline solution
- Medicine
  - Ibuprofen
  - Tylenol or Aspirin
  - Children's pain reliever/fever reducer
  - Medicine for upset stomach
  - Anti-Diarrhea Medicine
  - Anti-histamines or anti-allergen pills
  - Coedine
- Important Tips
  - Sterilize all tools (scissors, tweezers, etc )** first. Use alcohol swabs or heat with a lighter or matches.
  - All bandages should be sterile** Individual bandages should be sealed in individual packages.
  - Ensure guides have instructions on how to perform life-saving techniques on children and infants as well.
  - If someone in your family has a severe allergy (such as to nuts or shellfish) it is strongly advised to have an epipen in the kit, in addition to carrying an epipen with you on a daily basis.
  - Be aware of any drug allergies** Have them listed in case further medical attention is necessary.
  - Toss the emetics** Medicines used to induce vomiting, like syrup of ipecac, are no longer recommended for use.