

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.