

# **First Aid Kit Checklist**

## **Wound Care and Bandages:**

Adhesive Bandages (various sizes) and Tape  
Sterile Gauze Pads and Rolls  
Antiseptic Wipes or Solution  
Antibiotic Ointment  
Butterfly Closures  
Tweezers and Scissors

## **Instruments and Tools:**

Digital Thermometer  
Medical Gloves  
Small Flashlight or Penlight  
Safety Pins  
Tourniquet  
Magnifying Glass

### **Medications:**

Aspirin or Non-aspirin Pain Relievers

Antidiarrheal Medications

Antacid

Laxatives

Hydrocortisone Cream

Antihistamine

### **Specialty Items:**

Instant Cold Packs and Hot Packs

Burn Gel or Cream

Eye Wash Solution and Eye Pads

Ear Plugs

### **Breathing and Circulation:**

CPR Face Shield or Mask

Oral Airway Kits (various sizes)

### **Splints and Supports:**

Finger Splints

Sam Splints

Elastic Bandages

**Information and Reference:**

First Aid Manual

Emergency Medical Contacts

Personal Medical Information (allergies,  
medications, medical conditions)

**Personal Protection and Hygiene:**

Hand Sanitizer

Biohazard Waste Bags

Face Masks

**Container:**

Durable, Easily Accessible Container

Clear Compartment Organizers

Labeling Supplies (for expiration dates, contents)

**Personalized Items:**

Special meds

Special supplies