

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 towlettes
 - ☐ 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.