

First Aid

By Brian

- First Aid
 - First aid instruction booklet
 - Any prescriptions or over the counter medicine you may need
 - Daily and emergency medications
 - Pet first aid kit
 - Menstrual products
 - Sunburn relief (aloe)
 - Aspirin
 - Pain reliever
 - Antacid tablets
 - Ibuprofen (children's and adult)
 - Acetaminophen (children's and adult)
 - Antihistamine (children's and adult)
 - Zinc oxide (for sun protection and diaper rash)
 - Burn ointment
 - Antibiotic ointment
 - 1% hydrocortisone cream
 - Poison ivy/oak cream
 - Cough drops
 - Saline eye drops
 - Hydrogen peroxide
 - Alcohol
 - Hurt-free antiseptic wash
 - Insect repellent spray and pest strips
 - Snake bite kit
 - Bee-sting kit
 - Bear spray
 - Anti-itch remedy
 - Adhesive bandages
 - Antiseptic wipes
 - Gauze pads and white tape

- Medical tape
- Instant cold pack
- Duct tape
- Butterfly closures
- Moleskin for blisters
- ACE bandage
- Tweezers
- Thermometer
- Safety pins
- Emergency blanket