

First Aid Kit Checklist

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Bandages

- band-aids (small, medium, large, knuckle, fingertip)
- sterile gauze pads 5 x 5 cm (8)
- sterile gauze pads 10 x 10 cm (4)
- wound closure strips 6 mm x 10 cm (10)
- triangular bandage
- elastic bandage with velcro or clips or safety pins
- medical adhesive tape
- tubular stockinette
- eye patches
- pre-cut and shaped moleskin (20)

Creams and ointments

- antiseptic wipes or ointment
- antiseptic hand cleaner or soap
- antiseptic solution (like hydrogen peroxide)
- hydrocortisone cream (1%)
- calamine lotion
- insect bite swabs or ointment

Tools

- tweezers
- sharp scissors
- thermometer
- 10 cc irrigation syringe
- mini flashlight
- batteries
- splint
- tick removal tool

Medications

- acetaminophen or ibuprofen
- sore throat lollipops or lozenges
- extra prescription medications as needed

Other

- first aid manual
- disposable instant cold packs
- barrier device for CPR
- disposable non-latex gloves
- plastic ziploc bag (for disposing of used materials)
- pencil and pad of paper
- group members' medical information
- coins for pay phone
- list of emergency phone numbers