

# First Aid Kit Checklist

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## Bleeding Injuries

- Various size regular bandages
- Large size regular bandages
- Butterfly bandages
- Steristrips
- Finger / knuckle bandages
- Gauze Dressing Pads
- Gauze roll bandages
- Quik Clot 5×9 Trauma pads
- Bandage scissors / forceps
- Iodine Swabs

## Burns

- Water Jel Burn Jel
- Water Jel Burn Dressing

## Fever / Pain

- Thermometer
- Cooling Towel
- Aspirin
- Ibuprofen
- Acetaminophen
- Dermoplast
- Oral pain gel

## Creams / sprays:

- Bug spray
- Hydrocortisone
- Antibiotic ointment

## For Kids:

- Cold Meds
- Benadryl for kids
- Ibuprofen
- Acetaminophen
- Suckers (for distraction)

## Sanitation

- Antiseptic Wipes
- Hand Sanitizer

## Allergies:

- Benadryl
- Flonase / Nasacort

## Colds / Sore Throats:

- Cold eeze
- Cough and Cold Day / Night Meds
- Chloraseptic
- Cough Drops

## Sprain / Break

- Ankle brace
- Sam Splint
- Finger Splint
- Wrist brace
- Cold Packs

## Stomach Stuff

- Anti-diarrheal

## Other:

- Pink Eye Relief
- Menstrual pads
- Splinter removal kit
- Nitrile gloves
- CPR Mask
- Chapstick
- Zip lock bags (for soiled items)
- Sunscreen
- Living Ready Pocket Manual