



# First Aid Kit

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- Ace Wraps : 3 inch & 4 inch
- Allergy Medicine
- Anti-Bacterial Wipes
- Antifungal Ointment
- Anti-Diarrhea
- Anti-Itch Cream
- Aleve (Naproxen)
- Alcohol: 90-100% proof
- Apple Cider
- Aspirin/Advil
- Bandage Scissors
- Band-Aids/Butterfly, Several Sizes
- Bee Sting Kit
- Benadryl, Liquid and Chewable
- Betadine/iodine swabs
- Birth Control
- Boudreaux's Butt Paste
- Bug Spray 100% Deet
- Burn Gel
- Calamine Lotion
- Castor Oil
- Cold Medicine/Cough Syrup
- Contacts/Contact Cases/ Extra Glasses/Saline
- Condoms
- Cotton Balls
- Cotton Swabs
- Dramamine (motion sickness)
- Dressings for open wounds
- Duct Tape
- Ear Loop Masks (N-95), all sizes
- Ear Plugs
- Elastic Gauze Bandage Rolls
- Epsom Salt
- Essential Oils Book
- Eye Patches
- First-Aid Book
- First-Aid Shears
- Flashlights w/batteries
- Floss
- Gloves (non- latex)
- Gauze Pads (sterile and non-sterile)
- Hand sanitizer
- Heat packs-Heating pads
- Hemorrhoid Ointment/Suppositories
- Ibuprofen
- Mylar Blankets
- Hydrocortisone
- Lip balm/ ChapStick
- Lotion or Body Cream
- Menstrual Pads and Tampons
- Mucinex
- Mucinex Dm
- Motrin
- Monistat (Yeast Infections)
- Mouthwash
- Molefoam/Moleskin
- Multi-Task Knife
- Nasal Decongestant PE
- Nasal Spray (Afrin)
- New Skin Liquid Bandage
- Non-stick Sterile Pads
- Nystatin and Triamcinolone Acetonide
- Nail Clippers
- Neosporin
- Orajel
- Petroleum Jelly
- Pepto Bismol Chewables
- Peroxide
- Pregnancy Test
- Quickclot
- Rolled Gauze
- Scissors
- Silver Gel
- Silver Liquid
- Silver Cough Lozenges
- Sleep-Aid Medicine
- Splinter Removal Kit
- Splints
- Soap



# First Aid Kit

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- Stethoscope
- Sunscreen
- Surgical Face Masks (N-95), all sizes
- Tick Remover
- Toothbrushes/Toothpaste
- Tucks Pads-Which Hazel
- Tweezers
- Tylenol
- Vicks VapoRub
- Zantec (Acid Reducer)
- Ziplock Bags

## **VITAMINS**

- B-12 Vitamins
- B-complex vitamins
- Calcium
- D-3 Vitamins
- Magnesium
- Mature Complete Multivitamin
- Omega 3 Fish Oil
- Vitamin C
- Essential Oils