

## **First Aid Kit**

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



## **First Aid Kit**

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