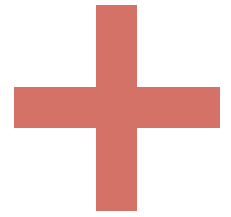




# FIRST AID KIT LIST



## Trauma Injuries

- Ace Wraps: 3-inch & 4-inch
- Alcohol: 90-100% Proof Rubbing Alcohol
- Allergy Medicine
- Aspirin/Advil
- Band-Aids/Butterfly, several sizes
- Bee Sting Kit (if needed)
- Benadryl (liquid & chewables)
- Betadine/Iodine swabs
- Castor Oil
- Dental Supplies, a Temporary Filling, and Glues
- Distilled Water (for cleaning wounds)
- Dressing/Gauze for Open Wounds
- Duct Tape and Medical Tape (all different sizes)
- Elastic Gauze Bandage Rolls
- EpiPen (if needed)
- Gauze Pads (sterile and non-sterile)
- Ipecac
- Israeli Bandages
- Molefoam/Moleskin
- New Skin Liquid Bandage
- Non-Stick Sterile Pads
- Quikclot
- Rolled Gauze
- Self-adhering Tape 3 Coban
- Splint
- Sutures, all sizes (learn how to do suturing)
- Suture Needles - all sizes
- Tourniquet (for severe bleeding)

## First Aid Equipment

- Apron
- Bandage Scissors
- Birth Control/Condoms
- Contacts/Contact cases/Extra glasses/Saline
- Cotton Balls
- Cotton Swabs
- Ear Loop Masks (N-95)
- Ear Plugs
- Essential Oils Book
- Eye Patches
- First Aid Book
- First Aid Shears
- Flashlights w/ Batteries
- Gloves (non-latex)
- Goggles
- Headlamp
- Hemostats/Forceps
- Magnifying Glasses
- Multitask Knife
- Mylar Blankets
- Nail Clippers
- Oximeter
- Pregnancy Test
- Scalpel Blades and Holders
- Scissors - regular, plus tiny sharp (for removing sutures)
- Splinter Removal
- Stethoscope
- Surgical Face Masks (N95 or N-100), all sizes
- Syringes (several sizes)
- Thermometer
- Tick Remover
- Tweezers
- Ziplock Bags

## Symptomatic Relief

- Acetaminophen
- Aleve (Naproxen)
- Anti-diarrhea
- Antihistamine
- Codeine
- Cold Medicine/Cough Syrup
- Dramamine (motion sickness)
- Epsom Salt
- Heat Packs/Heating Pads/Hot Water Bottle
- Hemorrhoid Ointment/Suppositories
- Motrin
- Mucinex
- Mucinex DM
- Nasal Decongestant
- Pedialyte Powder Packets
- Pepto-Bismol Chewables
- Silver Cough Lozenges
- Sleep-Aid Medicine
- Tucks Pads-Witch Hazel
- Tylenol
- Vicks VapoRub
- Zantac (Acid Reducer)

## Vitamins/Minerals

- B12 Vitamins
- B-Complex Vitamins
- C- Vitamin
- Calcium
- D-3 Vitamins
- Magnesium
- Mature Complete Multivitamin
- Omega 3 Fish Oil

## Topical

- Anesthetics - Lidocaine or Xylocaine
- Antifungal Ointment
- Anti-Itch Cream
- Apple Cider Vinegar
- Boudreaux's Butt Paste
- Bug Spray (100% deet)
- Burn Gel
- Calamine lotion
- Essential Oils
- Hydrocortisone
- Hydrogen Peroxide
- Lip Balm/Chapstick
- Lotion or Body Cream
- Neosporin
- Nystatin and Triamcinolone Acetonide
- Orajel
- Petroleum Jelly
- Silver Gel
- Silver Liquid
- Sunscreen

## Personal Hygiene

- ✓ Anti-Bacterial Wipes
- ✓ Floss
- ✓ Hand Sanitizer
- ✓ Menstrual Pads and Tampons
- ✓ Monistat (Yeast infections)
- ✓ Mouth Wash
- ✓ Soap
- ✓ Toothbrush /Toothpaste