

{Home} FirstAid Kit Supplies Checklist

Source: Deyo, Holly Drennan. Dare to Prepare. (2011) pp. 192-195

- Alcohol wipes
- Ammonia Inhalant (smelling salts)
- Baby powder/ Talc (prevents chaffing)
- Basic First Aid Book, easy to read

- Bandages:
 - 2", 4" and 6" Ace
 - 2 " elastic gauze (Flexicon)
 - 3 " elastic gauze (Co-Flex)
 - 4"/ 6" elastic gauze (Flexicon)
 - 3"x 4" non-adherent pad
 - 7/8" plastic spot (Curad)

- Flexible woven fabric: (Tough Strips)
 - 1" x 3"
 - fingertip #8
 - knuckle

- Band-aids, 1" x 3 " plastic (fun) strips
- Blood Pressure Cuff
- Brace, ankle, lace up
- Brace, knee
- Cold Pack, reusable
- Cooler, neck (Cool Downz)
- Cotton Swabs (Q-Tips)
- CPR Mask, disposable w/ 1-way valve
- Dental Floss
- Dental Mirror
- Dental Pick
- Dental Wax
- Duct Tape
- Ear Plugs
- Epsom Salts
- Eyedropper
- Eye pad
- Eye wash, 4 oz.
- First Aid Tape (silk) 1/2", 2", 4"
- First Aid Tape (cloth) 1", 2"
- Flashlight, small
- Eye wash, 4 oz.
- First Aid Tape (silk) 1/2", 2", 4"
- First Aid Tape (cloth) 1", 2"
- Flashlight, small
- Flu Mask, plus extra filters
- Gauze pad, 4" x 4"
- Gauze roll
- Gloves, nitrile
- Hemostat, 5"
- Hot Water Bottle
- Hydrogen Peroxide, 16 oz.
- Icebag, large and small
- Isopropyl Alcohol
- Mastisol Liquid Adhesive
- Moist Burn Pads, 3"x 3 1/2"
- Moleskin, 4" x 12"
- Nail Clipper
- Needles, assorted sizes
- Quickclot Trauma Pack
- Safety Pins, assorted sizes
- Saline solution
- SAM splint
- Scalpel Blades
- #10 size to clamp with hemostat
- Scissors, small EMT
- Snake bite kit
- Soap, antibacterial
- Splinter Removal Kit
- Steri-strips
- Stethoscope
- Tongue Depressors
- Thermometer, adult, + more batteries
- Thermometer, ear for baby " "
- Triangular bandage 40" x 40" x 56"
- Tweezers

{Car} First Aid Kit Supplies Checklist

- Alcohol wipes
- Ammonia Inhalant (smelling salts)
- Basic First Aid Book, easy to read
- Bandages:
 - 2", 4" and 6" Ace
 - 2 " elastic gauze (Flexicon)
 - 3 " elastic gauze (Co-Flex)
 - 4", 6" elastic gauze (Flexicon)
 - 3"x 4" non-adherent pad
 - 3"x 4" non-adherent pad
 - (10) 7/8" plastic spot (Curad)
- Flexible woven fabric (Tough Strips)
 - (10) 1" x 3"
 - (5) fingertip #8
 - (5) knuckle
- (5) Band-aids, 1" x 3 " plastic (fun) strips
- Cold Pack, single use
- Cooler, neck (Cool Downz)
- Cotton Swabs (Q-Tips)
- CPR Mask, disposable, w/ 1-way valve
- (1) Dental Floss
- Duct Tape
- Emergency Blanket(s)
- Eye wash, 4 oz.
- First Aid Tape (silk) 1/2", 2", 4"
- First Aid Tape (cloth) 1", 2"
- Gauze roll
- Gloves, nitrile
- Hand Sanitizer, 2 oz.
- Kleenex, travel size
- Moistened Towelettes
- Moleskin, 4" x 12"
- Nail Clipper
- Needles, assorted sizes
- Quickclot Travel (car kit)
- Safety Pins, assorted sizes
- Sanitary Maxi Pads
- Scissors, small EMT
- Snake bite kit
- Steri-strips
- Tampons
- Tongue Depressors
- Trash bags, kitchen size
- Vomit Bag/ Urine Pouch
Resealable/ disposable
(Travel John)
- Ziplocs, gallon size

Source: Deyo, Holly Drennan. Dare to Prepare. (2011) pp. 192-195