

First Aid Kit (Contents Idea List)



Basic First Aid Items

Adhesive Bandages

- [20] Flexible bandages {1"x3"} {Band Aids}
- [2] Elbow & knee bandages {2" x 4"}
- [5] Flexible fingertip bandages
- [5] Flexible knuckle bandages
- [20] Child Flexible bandages {1"x3"} (Band Aids)
- [6] Large butterfly wound closures or Steri-Strips
- [6] Medium butterfly wound closures or Steri-Strips
- [4] Non-stick pad with adhesives edges {2"x3"}

Gauze Bandages

- [1] Absorbent gauze compress
- [5-10] Gauze non-stick dressing pads {2"x2"}
- [4-10] Gauze non-stick dressing pads {3"x3"}
- [2-4] Gauze roll bandages {2"x36"}
- [2-4] Gauze roll bandages {4"x36"}
- [4] Sterile Eye Pads

Other Bandages

- [1-2] Ace Bandage w/ clips {3"}
- [1] Material (Large, to make bandages)
- [1] Triangular sling/bandage
- [2] Cohesive Elastic Bandage (Coflex) {3"x5 yrds}
- [2] Burn Dressings {4"x4"}

Instruments

- [1] Bulb Syringe
- [1] Protective Eyewear
- [1] CPR Microshield
- [2] Safety pins (Medium)
- [1] Scissors, (Paramedic All-Purpose Shears)
- [1] Scissors, lister {4 1/2"} (Bandage Scissors)
- [1] Scissors, Small (Pointed)
- [1] Thermometer (Forehead)
- [1] Thermometer and Case (Digital)
- [1] Tweezers (Pointed Tip)
- [1] Tweezers (Slanted Tip)

Medication

- [8] Anti-diarrhea tablets
- [8] Antacid tablets,
- [8] Antihistamines (Allergy Medicine)
- [12] Aspirin (18 and Older)
- [8] Cold relief medication
- [1] Eye drops, {1/2 oz.}
- [8] Laxative
- [1] Med. Droppers (ML and T-spn Measurements)
- [8] Nausea, Vomiting, Motion Sickness Medication
- [8] Pain/Fever Reducer-Acetaminophen-(Tylenol)
- [8] Ibuprofen-(Advil), Naproxen sodium-(Aleve)
- [8] Pepto-Bismol
- Personal Medical Needs (Prescription Drugs, Etc...)

Burns and Stings

- [1] Bite/Sting Relief Stick
- [1] Aloe Vera Gel /Burn Gel
- [1] First aid/burn cream, {0.9 gm}
- [1] Sun Block {SPF 30}
- [1] Lip Protection/Chap Stick/Packets

Cleansing

- [15] Alcohol/Antiseptic cleansing wipes/First Aid Spray
- [1] Cotton Balls
- [1] Antibiotic Ointment (Neosporin tube)
- [10] Cotton Tipped Applicators (Q-Tips)
- [1] Hand Sanitizer
- [15] Moist towelettes - for washing and cleansing
- [1] Skin flushing solution/Distilled Water {8 oz. Bottle}

Miscellaneous

- [1] Matches (Waterproof)
- [1] Consecrated Oil
- [1] Dental Floss
- [1] First Aid Guide (Red Cross Approved)
- [1] Flashlight and extra batteries
- [1] Hydrocortisone cream, {1.0%}
- [2] Instant Cold Pack (Disposable)
- [4-8] Latex Gloves
- [4-8] Latex-Free Gloves
- [2] Light Sticks
- [1] List of Kit Contents
- [1] Pen Light
- [1] Petroleum Jelly
- [3] Moleskin
- [1] Rain poncho quick cover
- [1] Rescue Space Blanket
- [6] Sanitary pads
- [1] Shaving Kit
- [1] Table Salt or Salt Tablets
- [1] Tape (First Aid) roll {1/2"x10 yd.}
- [1] Tape (Waterproof) {1"x10 yd.}
- [1] Tissue pack (Pocket)
- [3] Tongue Depressors
- [1] Needles (Various Sizes) and Thread
- [1] Whistle
- [2] Ziploc bags {Gallon} (For bio-waste, etc.)
- [1] Utility Cord
- [1] Utility Knife
- [1] Paper & Pencil
- [1] Permanent Marker
- [1] Magnifying glass
- [1] Pocket Knife

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Expanded First Aid Items

Gauze Bandages

- [4] Bloodstoppers (ABD)
- [4-6] Gauze non-stick dressing pads {4"x4"}
- [2] Gauze roll bandages {6"x48"}
- [4] Multi-trauma dressing {12"x30"}

Other Bandages

- [1] Neck brace (Extrication collar) adjustable to fit all
- [1] Liquid Bandage Kit
- [4] Telfa bandages {2"x3"}
- [2] Cohesive Elastic Bandage (Coflex) {1"x5 yrds.}
- [1] Burn Dressing {8"x8"}

Instruments

- [1] Blood pressure cuff
- [1] Kelly forceps {5-1/2"} or Hemostat
- [1] Stethoscope
- [1] Suture & Suture Removal Kit
- [1] Tourniquet w/Velcro Closure

Medication

- [1] Activated Charcoal
- [1] Syrup of Ipecac {1oz. Bottle}

Burns and Stings

- [1] Burn spray, (Solarcane)
- [1] Insect Repellant

Cleansing

- [6] Cotton Tipped Applicators {3"} Sterile
- [1] Eye wash, {4 oz. bottle}

Miscellaneous

- [3] Ammonia Inhalants
- [1] O. B. Kit (Birthing Kit)
- [2] Dust masks {N95}
- [1] Emergency Dental Repair Kit
- [2] Emergency drinking water pouches
- [3] Finger Splints
- [1] Insta-Glucose/Hard Candy
- [2] Instant Heat Pack (Disposable)
- [1] Snakebite Kit
- [1-2] Splints, SAM or Wire or Air
- [1] Tape (Porous cloth athletic) {3"x10 yd.}
- [2] Tape roll (Tenderskin/Hypoallergenic) {1/2"x5 yds.}
- [1] Duct Tape
- [1] Fire Extinguisher {ABC}
- [4] Water Pouches {4.225 oz.}
- [1] Water Purification Tablets
- [1] Gloves w/leather Palm, pr
- [4] High Energy Food Ration Bars
- [1] Multi-Tool (Leatherman)