



First Aid Kit Checklist

- Bandages – Adhesive and Butterfly (effective for use in the closure of deep cuts or wounds)
- Bandages – Elastic (Band-Aids for everyday cuts and scratches)
- Bandages – Roll (when moderate compression is needed)
- Bandages – Triangular (for head or appendage, as a handy arm sling or even as a tourniquet)
- Sterile gauze pads/non-adhesive dressings (ideal for cleansing and covering larger cuts, scrapes and minor burns because they are highly absorbent)
- Blister dressing (particularly useful if you plan to do a lot of hiking)
- Adhesive tape, cloth-based (can be used to hold bandages and dressings in place)
- Ice pack (to cool and reduce swelling)
- Splinting materials (to provide support to an injured area, to stop it moving)
- Safety pins (to secure bandages)
- Scissors (to trim bandages and other uses)
- Tweezers and needles (to remove splinters and/or ticks)
- Antiseptic wipes/alcohol pads (used to clean wounds, cuts and scrapes and help prevent infection)
- Cotton swabs/cotton wool (used to apply ointments)
- Thermometer
- Non-latex gloves (help prevent the spread of infection into an open wound from the hands of someone cleaning/treating it)
- Large plastic bag (for soiled bandages and other used medical items)
- Topical antibiotic cream (such as Neosporin)
- Oral antihistamine (such as Benadryl)
- Pain or fever medications (such as Acetaminophen or Ibuprofen)
- Hydrocortisone cream (1%) (for insect bites)
- Diarrhea/vomiting medication (such as Imodium or Compro)
- Anti-acids (such as Tums or Rolaids)
- Eye drops (soothe irritated eyes)
- Travel/motion sickness medication
- Anti-inflammatory medication
- Bee sting kit
- Snake bite kit
- Poison ivy cream/cleansers
- Sinus medications (if known to suffer from allergies)
- Your normal/personal medications

Always remember to consult expert medical practitioners regarding medications