

EMERGENCY

First-Aid Kit Checklist

Wound Care/Burns/Blisters

- ☐ Assorted adhesive bandages
- ☐ Butterfly bandages/Wound-closure strips
- ☐ Gauze pads (various sizes)
- ☐ Hemostatic (blood-stopping) gauze
- ☐ Antiseptic wipes (BZK- or alcohol-based)
- ☐ Povidone-iodine solution
- ☐ Tincture of benzoin swabs
- ☐ Cotton-tip applicators (Q-tips)
- ☐ Medical adhesive tape
- ☐ Self-adhering bandage
- ☐ Burn cream
- ☐ Moleskin
- ☐ Antibiotic ointment
- ☐ 2nd Skin dressings

Fractures/Sprains

- ☐ Elastic bandage with closure
- ☐ Triangular bandage
- ☐ Finger splint
- ☐ SAM splint
- ☐ Instant ice pack

Medications

- ☐ Ibuprofen
- ☐ Acetaminophen (Tylenol)
- ☐ Antihistamine
- ☐ Anti-itch cream (hydrocortisone)
- ☐ After Bite sting and itch relief wipe
- ☐ Diamode (loperamide)
- ☐ Aspirin
- ☐ Prescription medications
- ☐ Rehydration tablets

Instruments

- ☐ EMT shears
- ☐ Splinter picker/Tick remover forceps
- ☐ Oral thermometer
- ☐ Safety pins
- ☐ Irrigation syringe
- ☐ Duct tape

Personal Protection

- ☐ Nitrile gloves
- ☐ CPR face shield

Other/Optional

- ☐ Emergency heat-reflecting blanket
- ☐ Waterproof bag (to hold everything)
- ☐ Eye wash
- ☐ Headlamp
- ☐ Whistle
- ☐ Personal beacon
- ☐ Satellite messenger
- ☐ Sunscreen
- ☐ Lip balm
- ☐ Insect repellent
- ☐ Epinephrine auto-injector
- ☐ Small ziplock bags for organization
- ☐ Small notepad and waterproof pencil or pen
- ☐ Pocket instruction guide
- ☐ Portable battery pack
- ☐ Water purification tablets or filter