



BASIC FIRST AID KIT CHECKLIST



Creating a Basic First Aid Kit is essential for being prepared for a wide range of emergencies. Below is a simple yet comprehensive list to help you assemble your first aid kit:

BASIC SUPPLIES:

- Adhesive bandages (various sizes)
- Sterile gauze pads (various sizes)
- Adhesive tape
- Sterile roller bandages (various sizes)
- Elastic bandage (for sprains and strains)
- Triangular bandages (for slings or splints)
- Antiseptic wipes or solution
- Antibiotic ointment
- Hydrocortisone cream (1%)
- Sting relief solution or wipes
- Alcohol wipes or isopropyl alcohol
- Saline solution (for eye washing or wound cleaning)
- Thermometer (preferably digital)
- Tweezers
- Scissors (safety scissors)
- Instant cold packs
- Disposable gloves (nitrile or latex-free)
- CPR face shield or mask
- Flashlight and extra batteries
- Safety pins
- Blanket (space blanket or another compact option)
- First aid manual or instructions





MEDICATIONS:

- Aspirin (for chest pain)
- Ibuprofen or acetaminophen (for pain or fever)
- Antihistamine (for allergic reactions)
- Loperamide Imodium (for diarrhea)
- Electrolyte tablets or powder/Gatorade (for dehydration)
- Glucose tablets or gel (for low blood sugar)
- Antibiotics (Full Spectrum Kit)
- Epinephrine auto-injector (if prescribed for severe allergies)



ADDITIONAL ITEMS FOR CONSIDERATION:

- List of emergency phone numbers (family members, family doctor, poison control)
- Notebook and Sharpie/pen/pencil (for recording vital signs or symptoms)
- Waterproof container or bag to hold supplies
- Small, waterproof flashlight or headlamp
- Emergency whistle
- Sunscreen
- Insect repellent
- Burn gel or aloe vera
- Personal medications and copies of prescriptions
- Face masks (to help prevent disease transmission)
- Tourniquets if properly trained on use



CUSTOMIZATION BASED ON NEEDS AND ACTIVITIES:

- Snake bite kit (if in a prone area)
- Water purification tablets (for outdoor adventures)
- Altitude sickness medication (if traveling to high elevations)
- Motion sickness medication (for travel)
- Thermal blankets (for cold climates)

MAINTENANCE TIPS:

- Regularly check expiration dates and replace any expired items.
- Replenish items as soon as they are used.
- Adjust the kit based on the season or specific family needs.
- Keep a first aid kit in your home, car, and workplace, as well as a portable one for travel.

This checklist can be adjusted according to personal needs, the environment you're in, and specific health conditions. Always ensure everyone in your household knows where the first aid kit is stored and how to use it's content.

Be sure to enroll in a Basic Life Support Course and consider taking an advanced Hemorrhage Control Training Course.

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