

First Aid Checklist

This handy checklist will help you to create or update your first aid kit. It's always good to be prepared!

Travel First Aid Kit

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| <ul style="list-style-type: none"> <input type="checkbox"/> First aid instruction booklet <input type="checkbox"/> Bandages: <ul style="list-style-type: none"> <input type="checkbox"/> Assorted sized Band-Aids <input type="checkbox"/> Butterfly closure bandages <input type="checkbox"/> Sterile gauze pads (3-inch & 4-inch) <input type="checkbox"/> Adhesive cloth tape (1 in x 10 yards) <input type="checkbox"/> Gauze rolls (2-inch & 3-inch) <input type="checkbox"/> Absorbent compress (2- 5x9 in) <input type="checkbox"/> Non-stick sterile gauze pads (for burns) <input type="checkbox"/> Triangular bandages <input type="checkbox"/> Triangular cloth bandage (for making a sling) <input type="checkbox"/> Elastic roller bandage (for sprains) <input type="checkbox"/> Cotton balls & cotton swabs <input type="checkbox"/> Antiseptic wipes <input type="checkbox"/> Iodine wipes <input type="checkbox"/> Antibiotic ointment <input type="checkbox"/> Burn ointment <input type="checkbox"/> Hydrocortisone ointment- Benadryl (bug bites/allergic reactions) <input type="checkbox"/> Oral thermometer (non-mercury/non-glass) | <ul style="list-style-type: none"> <input type="checkbox"/> Insect repellent <input type="checkbox"/> Sunscreen <input type="checkbox"/> Scissors, tweezers <input type="checkbox"/> Instant ice pack <input type="checkbox"/> CPR mouth shield/breathing barrier <input type="checkbox"/> Disposable non-latex gloves <input type="checkbox"/> Finger splint or popsicle sticks <input type="checkbox"/> Space blanket <input type="checkbox"/> Over-the-counter medications <ul style="list-style-type: none"> <input type="checkbox"/> Aspirin or non-aspirin pain reliever <input type="checkbox"/> Elastic roller bandage (for sprains) <input type="checkbox"/> Acetaminophen or ibuprofen (for fever) <input type="checkbox"/> Anti-diarrhea medication <input type="checkbox"/> Antacid <input type="checkbox"/> Laxative <input type="checkbox"/> Antibiotic ointment <input type="checkbox"/> Travel/motion sickness medication <input type="checkbox"/> Hand sanitizer, soap, moistened towelettes <input type="checkbox"/> Safety pins <input type="checkbox"/> Re-sealing plastic bags |
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Home First Aid Kit

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| <ul style="list-style-type: none"> <input type="checkbox"/> Emergency medication (i.e. Epi-pen for allergies, insulin for diabetics) <input type="checkbox"/> First aid instruction booklet <input type="checkbox"/> Bandages: <ul style="list-style-type: none"> <input type="checkbox"/> Assorted sized Band-Aids <input type="checkbox"/> Butterfly closure bandages <input type="checkbox"/> Sterile gauze pads (3-inch & 4-inch) <input type="checkbox"/> Adhesive cloth tape (1 in x 10 yards) <input type="checkbox"/> Hypoallergenic adhesive tape <input type="checkbox"/> Gauze rolls (2-inch & 3-inch) <input type="checkbox"/> Absorbent compress (2- 5x9 in) <input type="checkbox"/> Non-stick sterile gauze pads (for burns) <input type="checkbox"/> Triangular bandages <input type="checkbox"/> Triangular cloth bandage (for making a sling) <input type="checkbox"/> Elastic roller bandage (for sprains) <input type="checkbox"/> Activated charcoal or syrup of ipecac (to induce vomiting) <input type="checkbox"/> Cotton balls & cotton swabs <input type="checkbox"/> Scissors, tweezers <input type="checkbox"/> Antiseptic wipes <input type="checkbox"/> Iodine wipes <input type="checkbox"/> Antibiotic cream <input type="checkbox"/> Burn ointment Hydrogen peroxide <input type="checkbox"/> Rubbing alcohol | <ul style="list-style-type: none"> <input type="checkbox"/> Jar of petroleum jelly <input type="checkbox"/> Instant ice pack <input type="checkbox"/> Finger splint or popsicle sticks <input type="checkbox"/> Tourniquet (used to cut off blood flow to an injury) <input type="checkbox"/> Disposable non-latex gloves <input type="checkbox"/> CPR mouth shield/breathing barrier <input type="checkbox"/> Over-the-counter medications <ul style="list-style-type: none"> <input type="checkbox"/> Aspirin or non-aspirin pain reliever <input type="checkbox"/> Acetaminophen or ibuprofen (for fever) <input type="checkbox"/> Anti-diarrhea medication <input type="checkbox"/> Antacid <input type="checkbox"/> Laxative <input type="checkbox"/> Antibiotic ointment <input type="checkbox"/> Travel/motion sickness medication <input type="checkbox"/> Hydrocortisone ointment (bug bites/allergic reactions) <input type="checkbox"/> Sunscreen <input type="checkbox"/> Eye drops <input type="checkbox"/> Insect repellent <input type="checkbox"/> "Moleskin" to cover blisters <input type="checkbox"/> Re-sealing plastic bags <input type="checkbox"/> Safety pins <input type="checkbox"/> Heating Pad |
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