

Basic First Aid Supplies

Adhesive tape
Aluminum finger splints
Antibiotic ointment
Antiseptic solution or towelettes
Bandages, including a roll of elastic wrap and assorted bandage strips
Instant cold packs
Cotton balls and cotton-tipped swabs
Disposable latex or synthetic gloves, at least two pair
Gauze pads and roller gauze in assorted sizes
Eye goggles
Petroleum jelly or other lubricant
Plastic bags for the disposal of contaminated materials
Safety pins in assorted sizes
Save-A-Tooth storage device containing salt solution and a travel case
Scissors, tweezers and a needle
Soap or instant hand sanitizer
Sterile eyewash, such as a saline solution
Thermometer
Triangular bandage
Turkey baster or other bulb suction device for flushing out wounds
Medications
Activated charcoal (use only if instructed by Poison Control Center)
Anti-diarrhea medication
Over-the-counter oral antihistamine (Benadryl, others)
Aspirin and nonaspirin pain relievers (never give aspirin to children)
Calamine lotion
Over-the-counter hydrocortisone cream
Personal medications
If prescribed by your doctor, drugs to treat an allergic attack
Syringe, medicine cup or spoon
Sunscreen
Mylar emergency blanket
Disposable diapers
Regular diapers
Sanitary napkins
Towels, sheets, linens
Scarf (sling)
Blankets
Magazines, newspapers, pillows

First Aid Manual

