



First Aid Kit Checklist

First Aid Kit Contents (major)

- 1 List of first aid kit contents
- 1 First aid book
- 1 Full leg air splint (fits arm or leg)
- 2 Sam splints
- 4 Triangular bandages
- 1 1" roll adhesive tape
- 2 Gauze roller bandages
- 12 Gauze pads (4" x4")
- 1 Betadine (for cleaning wounds)
- 12 Band-aids (waterproof)
- 15 Butterfly band-aids
- 2 Large compresses
- 1 Package of Tums
- 1 Lavoptik
- 1 Kaopectate or Donnagel
- 1 Emetrol (for nausea)
- 1 Ammonia inhalant
- 1 GI sun screen (or zinc oxide)
- 1 Bottle aspirin
- 1 Caladryl (plastic bottle)
- 1 Tylenol
- 1 ThermoTabs
- 1 Aloe Vera
- 1 Thermometer
- 1 Tweezers
- 1 Scissors
- 1 Ace bandage
- 1 Soap

- 1 Pen
- 6 Tampons
- 10 Safety Pins
- 1 Box wooden matches
- 1 Sleeping bag or space blanket
- 2 3 Needles
- 1 Oil of clove
- 1 Zinc oxide powder
- 2 3 Sting tabs
- 1 Tincture of Benzoin
- 1 Eye cup
- 2 Injury report sheets
- 1 Neosporin or Polysporin

Basic First Aid

Repair Aids

- examination gloves
- CPR mouthpiece
- triangular bandages
- sterile dressings
- gauze dressing for burns
- 2" crepe bandage
- adhesive tape
- moleskin
- band-aids
- zip locks
- liquid soap
- tampon



First Aid Checklist

Tools

paper & pencil
matches/lighter
scissors
tweezers
sam splint
pins
wrist support
eye bath

Consumables

aspirin
motrin
sea sickness?
arnica
iodine
antibiotic
cortisone