

## **Basic First Aid Kit Supplies List**

These items are what I suggest you have in a first aid kit. This is just a basic list of a few key items for a starter kit and may vary based on the purpose of the kit. The supplies you include and how much of each item will be based on your individual needs and your personal training / skill level. Having a lot of something you don't know how to use means you have less room for stuff you do know how to use. You should also take into consideration how long you intend to go before resupplying your kit and how many people you plan to be able to treat at one time.

### **Medicines**

- Personal medications**
- Aspirin/Ibuprofen/Tylenol/Naproxen**
- Sinus medications**
- Anti-acids (Tums, Rolaids)**
- Antibiotic cream**
- Antiseptic wipes**
- Burn gel**
- Poison ivy cream/cleansers**
- Hydrogen Peroxide**
- Eye drops**
- Antibacterial soap**
- Small bottle of water**
- Salt packet**
- Chicken bouillon**

### **Bandages**

- Triangular cravats**
- Roller bandages**
- Sterile gauze pads (2x2 & 4x4)**
- Butterfly sutures**
- Misc. Band Aides/bandages**
- Adhesive tape**
- Ace wraps**
- Mole skin**

### **Tools**

- Non-Latex gloves**
- CPR mask**
- Thermometer**
- Tweezers**
- Scissors**
- Small flashlight**
- Nail clippers**
- Syringe (for irrigation)**
- Small mirror**
- Thermal blanket**
- Safety pins**
- Razor blades**
- Plastic bag (for biohazard waste)**

### **Miscellaneous**

- Cotton swabs**
- Heat/cold packs**
- Sting kit**
- Snake bit kit**

### **Extras**

- Notepad / pen**
- First aid manual**
- Coins for emergency phone calls**
- Road flares**
- Other personal needs**