



Resources

First Aid Kit List

This is a suggested list of practical supplies for a basic home kit.

TOOLS:

- Baby Toothbrush (to clean wounds)
- Bandages 3X4
- Bandage Thick (like a sponge Kerlix)
- Bandages Various sizes
- Blood stopper
- BP Cuff
- Book Rapid Rescue (Online)
- CPR Barrier Shield
- Dilator pen light
- Eye pads
- Floss (non-flavored & non waxed)
- Gauze Various sizes
- Gloves (Nitrile & protective leather)
- Moleskin (blisters)
- Oxygen/O2 wrench (key)
- Resuscitation Mask
- Scissors (bandages)
- Shaver
- Shears
- Splints (foam)
- Stethoscope
- Swabs (long Q-Tips)
- Temporal thermostat
- Tick remover
- Tongue depressor
- Triangular bandages
- Tweezers for bandages
- Tweezers with magnifying glass
- WATCH w/seconds
- Waterproof tape
- Windshield punch
- Wrapping tapes – Co flex

MEDICINE:

- Alcohol prep pads
- Baby aspirin
- Benadryl cooling spray
- Betadine swab
- Burn cream
- Decongestant
- Electro tabs
- Eye wash
- Glucose tabs
- Hand sanitizer/Germex
- Neosporin spray wash
- Poison Ivy Cream
- Poison Oak cream/lotion
- Smelling salts
- Sting X (insect bites)
- Sunscreen packets
- Towelettes (soapy towels)
- Triple antibiotic cream/ointment
- Wound seal
- Other OTC meds permitted by event

OPTIONAL:

- Book: Rapid Rescue (Spanish)
- EMS Notebook and pen
- Extra Water bottle
- Hand lotion
- Heavy Duty gloves
- Mints
- Protective Eye Wear
- Sharpie marker
- Stuffed Toys /for children
- Surgical Facial Mask



✓ Great Idea to have on hand! Download this App

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