



## EMR Recommended FIRST AID KIT SUPPLIES:

### TOOLS:

Baby Tooth brush (to clean wounds)  
Bandages 3X4  
Bandage Thick (like a sponge Kirlex)  
Bandages Various sizes  
Blood stopper  
BP Cuff  
Book Rapid Rescue (Walmart & Barnes & Nobles)  
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