

First-Aid Supplies

Place the basic first-aid kit in a separate, easily identifiable, container within the 72-hour kit. Keep all liquids in zip-lock bags to prevent leakage. Items should be organized for quick and easy access. Change out all medications every six months.

Basic First-Aid Kit (keep in 72-hour kit)

- First-aid booklet
- Medical-grade vinyl gloves
- CPR barrier
- Alcohol wipes
- Box of sterile gauze pads, 4" x 4"
- Abdominal sterile pad, 5" x 9"
- Rolled gauze, 2" x 4 yards and 4" x 4 yards
- Assorted bandages (include butterfly, fingertip, and knuckle bandages)
- Sterile oval eye pad
- Small sharp scissors
- Tweezers with pointed tip
- Thermometer
- Elastic bandage, 3" x 6"
- Instant ice pack
- Instant Hot Pack
- Roll of adhesive tape, 1" wide, or self sticking elastic rolls
- Triangular bandage
- Triple-antibiotic ointment
- Burn relief cream
- Calamine lotion
- Ammonia/smelling salts
- Hydrogen peroxide
- Razor blades
- Needles
- Safety pins
- Aspirin, acetaminophen, ibuprofen
- Consecrated oil

Expanded First-Aid Kit

- Additional sterile pads and bandages to augment basic first-aid kit
- Rubbing alcohol
- Hydrogen peroxide
- Betadine
- Allergy medications
- Hydrocortisone cream
- Lip protection/medication
- Sunscreen
- Snake bite kit
- Bee sting kit
- Cotton balls
- Antibacterial soap, liquid or bar
- Medicine dropper
- Eye wash
- Craft sticks or finger splints
- Splint materials: thin boards 2-3' long or inflatable splints
- Antacid tablets
- Upset stomach remedy
- Diarrhea remedy
- Cough syrup and throat lozenges
- Water purification tablets
- Small bottle of bleach
- Immunization records
- Large plastic trash bag and several smaller, zip-closure bags