

First Aid Kit Supplies Checklist

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Basic First Aid Kit Supplies

- Adhesive bandages (various sizes)
- Sterile gauze pads
- Roller bandages
- Medical tape
- Antiseptic wipes
- Antibiotic ointment
- Scissors
- Tweezers
- Safety pins
- Instant cold compress
- Non-latex gloves
- First aid manual

Specialized Items

- Liquid bandage (for kids)
- Diaper rash cream (for babies)
- Children's medications
- Epinephrine auto-injector (for allergies)
- Antihistamines (for allergies)
- Hydrocortisone cream (for allergies and insect bites)
- Moleskin (for blisters)
- Aloe vera (for burns)
- Insect bite treatment

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First Aid Kit Supplies Checklist

Camping and Outdoor Adventures Supplies

- Alcohol wipes
- Blister treatments
- Splints
- Elastic bandages (for sprains)
- Emergency blanket
- Rain poncho
- Prescription medications
- Sunscreen
- Lip balm
- Water purification tablets
- Matches (in waterproof case)
- Multi-tool with knife and scissors

Workplace and Job Site Supplies

- Eyewash
- Eye pads
- Cold packs
- Burn dressings and gel
- Antiseptics and sanitizers
- Aspirin and ibuprofen
- Trauma shears
- Finger splints
- CPR face shield
- Exam gloves

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First Aid Kit Supplies Checklist

Travel and Car Supplies

- Triple antibiotic ointment
- Blister pads
- Motion sickness medicine
- Diarrhea medicine
- Pain and fever reducers
- Oral rehydration salts
- Emergency mylar blanket
- Small flashlight with extra batteries
- First aid quick reference card

Additional Items

- First aid training certification
- Emergency contact list
- Personal medications
- Backup power sources
- Extra food and water
- Evacuation plan