

# {Home} FirstAid Kit Supplies Checklist

Source: Deyo, Holly Drennan. Dare to Prepare. (2011) pp. 192-195

- \_\_\_ Alcohol wipes
- \_\_\_ Ammonia Inhalant (smelling salts)
- \_\_\_ Baby powder/ Talc (prevents chaffing)
- \_\_\_ Basic First Aid Book, easy to read
- Bandages:
  - \_\_\_ 2", 4" and 6" Ace
  - \_\_\_ 2 " elastic gauze (Flexicon)
  - \_\_\_ 3 " elastic gauze (Co-Flex)
  - \_\_\_ 4"/ 6" elastic gauze (Flexicon)
  - \_\_\_ 3"x 4" non-adherent pad
  - \_\_\_ 7/8" plastic spot (Curad)
- Flexible woven fabric: (Tough Strips)
  - \_\_\_ 1" x 3"
  - \_\_\_ fingertip #8
  - \_\_\_ knuckle
- \_\_\_ Band-aids, 1" x 3 " plastic (fun) strips
- \_\_\_ Blood Pressure Cuff
- \_\_\_ Brace, ankle, lace up
- \_\_\_ Brace, knee
- \_\_\_ Cold Pack, reusable
- \_\_\_ Cooler, neck (Cool Downz)
- \_\_\_ Cotton Swabs (Q-Tips)
- \_\_\_ CPR Mask, disposable w/ 1-way valve
- \_\_\_ Dental Floss
- \_\_\_ Dental Mirror
- \_\_\_ Dental Pick
- \_\_\_ Dental Wax
- \_\_\_ Duct Tape
- \_\_\_ Ear Plugs
- \_\_\_ Epsom Salts
- \_\_\_ Eyedropper
- \_\_\_ Eye pad
- \_\_\_ Eye wash, 4 oz.
- \_\_\_ First Aid Tape (silk) 1/2", 2", 4"
- \_\_\_ First Aid Tape (cloth) 1", 2"
- \_\_\_ Flashlight, small
- \_\_\_ Eye wash, 4 oz.
- \_\_\_ First Aid Tape (silk) 1/2", 2", 4"
- \_\_\_ First Aid Tape (cloth) 1", 2"
- \_\_\_ Flashlight, small
- \_\_\_ Flu Mask, plus extra filters
- \_\_\_ Gauze pad, 4" x 4"
- \_\_\_ Gauze roll
- \_\_\_ Gloves, nitrile
- \_\_\_ Hemostat, 5"
- \_\_\_ Hot Water Bottle
- \_\_\_ Hydrogen Peroxide, 16 oz.
- \_\_\_ Icebag, large and small
- \_\_\_ Isopropyl Alcohol
- \_\_\_ Mastisol Liquid Adhesive
- \_\_\_ Moist Burn Pads, 3"x 3 1/2"
- \_\_\_ Moleskin, 4" x 12"
- \_\_\_ Nail Clipper
- \_\_\_ Needles, assorted sizes
- \_\_\_ Quickclot Trauma Pack
- \_\_\_ Safety Pins, assorted sizes
- \_\_\_ Saline solution
- \_\_\_ SAM splint
- \_\_\_ Scalpel Blades
- \_\_\_ #10 size to clamp with hemostat
- \_\_\_ Scissors, small EMT
- \_\_\_ Snake bite kit
- \_\_\_ Soap, antibacterial
- \_\_\_ Splinter Removal Kit
- \_\_\_ Steri-strips
- \_\_\_ Stethoscope
- \_\_\_ Tongue Depressors
- \_\_\_ Thermometer, adult, + more batteries
- \_\_\_ Thermometer, ear for baby " "
- \_\_\_ Triangular bandage 40" x 40" x 56"
- \_\_\_ Tweezers

# {Home} First Aid Kit Medications Checklist ①

- ☐ Aloe Gel
- ☐ Analgesic Cream (Camphophenique)
- ☐ Antibiotics
- ☐ Antacid (Mylanta, Tums, Pepto-Bismol)
- ☐ Anti-Diarrheal (Immodium AD)
- ☐ Antihistamine, 25mg (Benedryl)
- ☐ Antiseptic Liquid (Betadine)
- ☐ (Triple) Antibiotic Ointment (Neosporin)
- ☐ Artificial Tears
- ☐ Aspirin, buffered (Anacin, Bufferin)
- ☐ Bandage, Liquid (New Skin)
- ☐ Burning Urination with UTI (Azo)
- ☐ Burn treatment (Burn Jel)
- ☐ Chaffing Relief (Boudreaux's Butt Paste)
- ☐ Clove Oil (tooth ache)
- ☐ Cold Flu Tablets (Nyquil)
- ☐ Constipation (Ex-Lax, Dulcolax)
- ☐ (30) Cough Drops
- ☐ Cough Syrup
- ☐ Decongestant (Sudafed)
- ☐ Decongestant rub (Vick's)
- ☐ Cough Syrup
- ☐ Decongestant (Sudafed)
- ☐ Decongestant rub (Vick's)
- ☐ Electrolyte Tablets (Nuun, Zym, CamelBak)
- ☐ Epsom Salts
- ☐ Eye Drops (Visine)
- ☐ Foot Powder (Gold Bond)
- ☐ Herbal teas for upset stomach:
  - ☐ Chamomile, Peppermint
- ☐ Hemorrhoid Relief (Preparation H)
- ☐ Hydrocortizone 1%
- ☐ Ibuprofen 200 mg (Advil)

## {Home} First Aid Kit Medications Checklist ②

- ☐ Itch, feminine (Vagisil)
- ☐ Itch, foot (Lamisil, Gold Bond)
- ☐ Itch, insect/ rash (Caladryl, Calamine)
- ☐ Itch, jock (Micatin, Lotrimin)
- ☐ Lip Balm (Blistex, ChapStick)
- ☐ Lubricant, water soluble (K-Y Jelly)
- ☐ Mosquito Repellant
- ☐ Mucus relief – moist cough (Mucinex)
- ☐ Mucus relief – dry cough (Delsym)
- ☐ Naproxen Sodium (Aleve)
- ☐ Nasal Decongestant (Afrin, Sinex)
- ☐ Nasal Lubricant (Bacitracin)
- ☐ Nasal spray, saline (Ocean Nasal Mist)
- ☐ Nausea (Bonine, Dramamine)
- ☐ Non-Aspirin Pain Relief (acetaminophen)
- ☐ Infant/Children's Tylenol
- ☐ Adult (Extra Strength Tylenol, Excedrin)
- ☐ Non-adhering pads (Telfa) 2" x 2", 4" x 4"
- ☐ Oil of Oregano (Antiseptic, antifungal)
- ☐ Prescription needs (current)
- ☐ Petroleum Jelly (Vaseline)
- ☐ Poison Ivy/Oak/ Sumac (Ivarest or Zanfel)
- ☐ Poison Absorber (Activated Charcoal)
- ☐ Pregnancy Test
- ☐ Sunburn Relief (Dermoplast, Solarcaine)
- ☐ Sunscreen (SPF 50)
- ☐ Tea Tree Oils: burns/ bug bites (Now)
- ☐ Vitamins
- ☐ Vomit Inducer (Ipecac)
- ☐ Worms (Vermox)
- ☐ Yeast Infection Prevention (Azo)
- ☐ Yeast Infection Treatment (Monistat)

## {Car} First Aid Kit Supplies Checklist

Source: Deyo, Holly Drennan. Dare to Prepare. (2011) pp. 192-195

- ☐ Alcohol wipes
- ☐ Ammonia Inhalant (smelling salts)
- ☐ Basic First Aid Book, easy to read
- Bandages:
  - ☐ 2", 4" and 6" Ace
  - ☐ 2 " elastic gauze (Flexicon)
  - ☐ 3 " elastic gauze (Co-Flex)
  - ☐ 4", 6" elastic gauze (Flexicon)
  - ☐ 3"x 4" non-adherent pad
  - ☐ 3"x 4" non-adherent pad
  - ☐ (10) 7/8" plastic spot (Curad)
- Flexible woven fabric (Tough Strips)
  - ☐ (10) 1" x 3"
  - ☐ (5) fingertip #8
  - ☐ (5) knuckle
- ☐ (5) Band-aids, 1" x 3 " plastic (fun) strips
- ☐ Cold Pack, single use
- ☐ Cooler, neck (Cool Downz)
- ☐ Cotton Swabs (Q-Tips)
- ☐ CPR Mask, disposable, w/ 1-way valve
- ☐ (1) Dental Floss
- ☐ Duct Tape
- ☐ Emergency Blanket(s)
- ☐ Eye wash, 4 oz.
- ☐ First Aid Tape (silk) ½", 2", 4"
- ☐ First Aid Tape (cloth) 1", 2"
- ☐ Gauze roll
- ☐ Gloves, nitrile
- ☐ Hand Sanitizer, 2 oz.
- ☐ Kleenex, travel size
- ☐ Moistened Towelettes
- ☐ Moleskin, 4" x 12"
- ☐ Nail Clipper
- ☐ Needles, assorted sizes
- ☐ Quickclot Travel (car kit)
- ☐ Safety Pins, assorted sizes
- ☐ Sanitary Maxi Pads
- ☐ Scissors, small EMT
- ☐ Snake bite kit
- ☐ Steri-strips
- ☐ Tampons
- ☐ Tongue Depressors
- ☐ Trash bags, kitchen size
- ☐ Vomit Bag/ Urine Pouch
- ☐ Resealable/ disposable (Travel John)
- ☐ Ziplocs, gallon size

## {Car} First Aid Kit Medications Checklist

- ☐ Analgesic Cream (Camphophenique)
- ☐ Antacid (Mylanta, Tums, Pepto-Bismol)
- ☐ Anti-Diarrheal (Immodium AD)
- ☐ Antihistamine, 25mg (Benedryl)
- ☐ (Triple) Antibiotic Ointment (Neosporin)
- ☐ Aspirin, buffered (Anacin, Bufferin)
- ☐ Bandage, Liquid (New Skin)
- ☐ Burn treatment (Burn Jel)
- ☐ (10) Cough Drops
- ☐ (32) Electrolyte Tablets (Nuun, Zym, CamelBak)
- ☐ Eye Drops (Visine)
- ☐ Hydrocortizone 1%
- ☐ (10) Ibuprofen 200 mg (Advil)
- ☐ (1) Lip Balm (Blistex, ChapStick)
- ☐ Mosquito Repellent
- ☐ Naproxen Sodium (Aleve)
- ☐ Nasal Decongestant (Afrin, Sinex)
- ☐ Nausea (Bonine, Dramamine)
- ☐ Non-Aspirin Pain Relief (acetaminophen)
- ☐ Infant/Children's Tylenol
- ☐ Adult (Extra Strength Tylenol, Excedrin)
- ☐ Petroleum Jelly (Vaseline)
- ☐ Tea Tree Oils: burns/ bug bites  
(Now Foods, Country Life)

# First Aid Supplies Master Shopping List

<u>Amount</u>	<u>C,H B*</u>	<u>Item</u>
<u>SUPPLIES</u>	(C=Car H=Home B=Both)	
10	B	Alcohol wipes
5	B	Ammonia Inhalant (smelling salts)
1	H	Baby powder/ Talc (prevents chaffing)
2	B	Basic First Aid Book, easy to read
		Bandages:
2	B	2", 4" and 6" Ace
2	B	2 " elastic gauze (Flexicon)
2	B	3 " elastic gauze (Co-Flex)
2	B	4", 6" elastic gauze (Flexicon)
5	B	3"x 4" non-adherent pad
30/20 H 10 C	B	7/8" plastic spot (Curad)
		Flexible woven fabric (Tough Strips)
60/50 H 10 C	B	fingertip #8, 1" x 3"
30/ 25 H 5 C	B	knuckle
		Band-aids, 1" x 3 " plastic (fun) strips
1	H	Blood Pressure Cuff
1	H	Brace, ankle, lace up
1	H	Brace, knee
1	H	Cold Pack, reusable
1	C	Cold Pack, single use
4	B	Cooler, neck (Cool Downz)
30	B	Cotton Swabs (Q-Tips)
2	B	CPR Mask, disposable, w/ 1-way valve
12	11 H 1 C	Dental Floss
1	H	Dental Mirror
1	H	Dental Pick
1	H	Dental Wax
2	B	Duct Tape
1 pr. each	H	Ear Plugs
4	C	Emergency Blanket

1	H	Epsom Salts
1	H	Eyedropper
1	H	Eye pad
2	B	Eye wash, 4 oz.
2 each	B	First Aid Tape (silk) ½", 2", 4"
2 each	B	First Aid Tape (cloth) 1", 2"
		Flashlight, small (to look down throats)
1x each	H	Flu Mask, one mask for every family member, plus extra filters. Also 10 surgical masks per person (like 3M's N95)
20	16 H 4 C	Gauze pad, 4" x 4"
2	B	Gauze roll
1 box	200 H 6 C	Gloves, nitrile
1	C	Hand Sanitizer, 2 oz.
1	H	Hemostat, 5"
1	H	Hot Water Bottle
1	H	Hydrogen Peroxide, 16 oz.
1	H	Icebag, large and small
2	H	Isopropyl Alcohol
1	C	Kleenex, travel size
2 oz	H	Mastisol Liquid Adhesive -- secures dressings, non-water soluble, latex free
4	H	Moist Burn Pads, 3"x 3 ½" (Spenco 2nd Skin)
20	C	Moistened Towelettes
2	B	Moleskin, 4" x 12"
2	B	Nail Clipper
2	B	Needles, assorted sizes
1	C	Quickclot Travel (car kit)
1	H	Quickclot Trauma Pack
2 pkgs.	B	Safety Pins, assorted sizes
4	H	Saline solution
1	H	SAM splint
2	C	Sanitary Maxi Pads (can be used as bandages for bleeding)
1	H	Scalpel Blades, #10 size to clamp with hemostat
2	B	Scissors, small EMT
2	B	Snake bite kit

1	H	Soap, antibacterial
1	H	Splinter Removal Kit
12 each	B	Steri-strips 1/4 " x 1 1/2", 1/4" x 3", 1/8" x 3"
1	H	Stethoscope
2	C	Tampons
6	B	Tongue Depressors
1	H	Thermometer, adult, + extra batteries
1	H	Thermometer, ear for baby + extra batteries
4	C	Trash bags, kitchen size
1	H	Triangular bandage 40" x 40" x 56"
2	B	Tweezers
2	C	Vomit Bag/ Urine Pouch, Resealable/ disposable (Travel John)
4	C	Ziplocs, gallon size

#### **MEDICATIONS**

1	H	Aloe gel
2	B	Analgesic Cream (Camphophenique)
* see list	H	Antibiotics
2	B	Antacid (Mylanta, Tums, Pepto-Bismol)
2	B	Anti-Diarrheal (Immodium AD)
2	B	Antihistamine, 25mg (Benedryl)
2 oz.	H	Antiseptic Liquid (Betadine)
2	B	(Triple) Antibiotic Ointment (Neosporin)
1	H	Artificial Tears
2	B	Aspirin, buffered (Anacin, Bufferin)
2	B	Bandage, Liquid (New Skin)
1	H	Burning Urination with UTI (Azo)
2	B	Burn treatment (Burn Jel)
1	H	Chaffing Relief (Boudreaux's Butt Paste)
1	H	Clove Oil (tooth ache), Nature's Achemy, Now Foods
2	H	Cold Flu Tablets (Nyquil)
2	H	Constipation (Ex-Lax, Dulcolax)
40	30 H 10 C	Cough Drops
2	H	Cough Syrup

2	H	Decongestant (Sudafed)
1	H	Decongestant rub (Vick's)
32	C	Electrolyte Tablets (Nuun, Zym, CamelBak)
1	H	Epsom Salts
2	B	Eye Drops (Visine)
1	H	Foot Powder (Gold Bond)
1	H	Herbal teas for upset stomach: Chamomile, Peppermint
1	H	Hemorrhoid Relief (Preparation H)
2	B	Hydrocortizone 1%
60	50 H 10 C	Ibuprofen 200 mg (Advil)
1	H	Itch, feminine (Vagisil)
1	H	Itch, foot (Lamisil, Gold Bond)
2	H	Itch, insect/ rash (Caladryl, Calamine)
1	H	Itch, jock (Micatin, Lotrimin)
9	8 H 1 C	Lip Balm (Blistex, ChapStick)
2	H	Lubricant, water soluble (K-Y Jelly)
2	B	Mosquito Repellent
1	H	Mucus relief – moist cough (Mucinex) breaks up mucus, prevents pneumonia
1	H	Mucus relief – dry cough (Delsym)
1	B	Naproxen Sodium (Aleve)
2	B	Nasal Decongestant (Afrin, Sinex)
1	H	Nasal Lubricant (Bacitracin, a miracle relief for "Colorado nose")
1	H	Nasal spray, saline (Ocean Nasal Mist)
2	B	Nausea (Bonine, Dramamine) also treats radiation poisoning
2	B	Non-Aspirin Pain Relief (acetaminophen)
2	B	Infant/Children's Tylenol
2	B	Adult (Extra Strength Tylenol, Excedrin)
1 box/each	H	Non-adhering pads (Telfa) 2" x 2", 4" x 4"
2	H	Oil of Oregano (Antiseptic, antifungal)
	H	Prescription needs (current)-- a supply of any you're taking
2	B	Petroleum Jelly (Vaseline)
1	H	Poison Ivy/Oak/ Sumac (Ivarest or Zanfel)
1 pkt	H	Poison Absorber (Activated Charcoal)

2	H	Pregnancy Test
3	C	Sugar packets (for diabetics)
1	H	Sunburn Relief (Dermoplast, Solarcaine)
1	H	Sunscreen (SPF 50)
1	B	Tea Tree Oils: burns/ bug bites (Now Foods, Country Life)
*see list		Vitamins
1	H	Vomit Inducer (Ipecac)
1	H	Worms (Vermox)
1	H	Yeast Infection Prevention (Azo)
3	H	Yeast Infection Treatment (Monistat)

### **Suggested Vitamins:**

**B-12:** Metabolism support, memory booster

Super B- Complex: energy, immunity

**C:** immunity

**Calcium:** Bone health & electrolyte loss in dehydration

**Melatonin:** Sleep aid

**Multi-Vitamins** for seniors/ mature: contain more B12 & chromium for metabolism

**Selenium:** Immunity, wound healing

**Zinc:** Immunity, wounds

### **Antibiotics:**

If you can afford them and have access to these 5 antibiotics, they will heal illnesses and injuries when herbal remedies fall short.

They won't help everyone and should never be taken by people with known allergies to them, so be sure to ask ahead of time if the person is allergic or not.

**Zithromax:** Urinary Tract Infection (UTI), Respiratory Tract Infection (RTI), STD's, Sepsis, Ear Infection

**Ampicillin:** (Clindamycin is a good substitute): Skin Infections, Gonorrhea, Sepsis, Ear Infection

**Ciprofloxacin:** Post anthrax exposure, UTI, Hospital acquired pneumonia, Infectious Diarrhea, Bone-Joint Infections

**Doxycycline:** Malaria, Rocky Mountain Spotted Fever, Diarrhea, E. Coli

**Amoxicillin:** Ear, nose & throat infections, Tooth Abscess, Gonorrhea, Skin Infections

Additional meds worth considering (\*be sure to learn their uses): Clindamycin, Flagyl, Bactrim









