



BASIC FIRST AID: ADULT, PEDIATRIC & INFANT First Aid Kit Checklist

Store-bought first aid kits are acceptable, but it really is a good idea to put together you own in order to meet the specific needs of yourself and those with you depending on the possible situation that it would be used for. For example, items needed in a first aid kit for a summer camping trip on the beach may vary greatly from items needed on a winter ski trip. Items may also vary depending on who the kit is for, including children, babies, those with special needs or medical conditions, etc.

Here is a standard list of suggested items for a general first aid kit NOTE: THIS IS NOT MEDICAL ADVICE. CONSULT A PHYSICIAN PRIOR TO THE USE OF ANY MEDICATION OR TREATMENT INVOLVING THIS KIT:

- Plastic tub or duffle bag (Use a plastic tub with a lid, or a small duffle bag to keep your first aid supplies in. This way, there is plenty of room and it is portable.)
- Cell phone (Even if the cell phone is old and no longer has service, as long as it has a charged battery, it can still be used to call 911 in an emergency situation.)
- Emergency phone numbers (including contact information for your family doctor and pediatrician, local emergency services, emergency road service providers and the regional poison control center).
- Pen and paper for recording information
- Medical history forms for each family member
- Small, waterproof flashlight and extra batteries
- Candles and matches, road flares
- Sunscreen and Aloe Vera gel
- Emergency space blanket (and a small children's blanket)
- First-aid instruction manual
- Activated charcoal (this is optional, use only if instructed by your poison control center)
- Anti-diarrhea medication and anti-motion sickness medication
- Over-the-counter oral antihistamine, such as diphenhydramine (Benadryl)
- Aspirin and non-aspirin pain relievers (never give aspirin to children)
- Over-the-counter hydrocortisone cream
- Personal medications that don't need refrigeration
- EpiPen (if prescribed)



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- Syringe, medicine cup or spoon
- Antibiotic ointment
- Antiseptic solution or towelettes
- Bandages, including a roll of elastic wrap (Ace, Coban, others) and bandage strips (Band-Aid, Curade, others) in assorted sizes
- Instant cold packs and instant heat packs
- Cotton balls and cotton-tipped swabs
- Disposable latex or synthetic gloves, at least two pair
- Duct tape and adhesive medical tape
- Gauze pads and roller gauze in assorted sizes
- Plastic bags for the disposal of contaminated materials
- Safety pins in assorted sizes, as well as scissors and tweezers
- Liquid soap and instant hand sanitizer
- Sterile eyewash, such as a saline solution, and a small cup with a lid
- An unopened water bottle
- Thermometer
- Triangular bandages
- Turkey baster or other bulb suction device for flushing out wounds
- Tampons and feminine napkins if necessary
- Diapers and baby wipes if necessary
- Honey packets or a juice box for diabetic situations, and a glucometer if necessary
- Vinegar, in a small bottle or individual packets to aid in marine life stings
- **Check your first aid kit about every three months to ensure that nothing is expired or needs to be replaced, and also keep the kit out of reach of children.**