

First Aid Supplies Checklist

FIRST AID SUPPLIES

You can purchase pre-packaged first aid supplies or assemble your own kit with fresh supplies. Store in a small container with a handle, such as a cosmetic case or toolbox. Tape the list of contents inside the lid, and check the expiry dates regularly.

For prescription medication, ask your pharmacist about storage requirements and time. If possible, purchase an extra amount (two-week supply) for your first aid kit and rotate the supply whenever you fill your prescription.



Medicine

- Hydrogen peroxide to wash/disinfect wounds
- Cough mixture or lozenges
- Antibiotic ointment for dressings
- Laxatives
- Individually wrapped alcohol swabs
- Anti-inflammatory pills (e.g. Aspirin)
- Antacids
- Prescription medications taken regularly
- Anti-diarrhea medicine
- Vitamin supplements
- Anti-nausea tablets
- Smelling salts
- Pain killers (e.g. Acetaminophen)
- Syrup ipecac (to induce vomiting)

Medical Equipment

- Non-breakable thermometer
- Eye wash cup and sterile water
- Pocket knife (Swiss army style)
- Needle and thread
- Disposable latex gloves
- Splint material
- Tweezers
- Safety razor blade
- Scissors (bandage and heavy duty)
- Safety pins (assorted sizes)
- Surgical masks

Bandages

- Adhesive bandages (assorted sizes)
- Elastic bandage (several widths)
- Sterile gauze pads
- Abdominal pads
- Butterfly bandages
- Adhesive dressings
- Large triangular bandages
- Sterile dressings
- Rolled gauze (several widths)
- Adhesive tape (several widths)

Ask at your supply store for the correct amounts appropriate for the size of your family.

Additional supplies

- First aid book
- Cotton balls or swabs
- Bar of soap
- Petroleum jelly
- Calamine, sunscreen and skin lotion
- Insect repellent
- Instant cold and heat packs
- Small spray bottle with 10% bleach solution for disinfecting
- Pre-moistened towelettes
- Tissues
- Hot water bottle
- Paper cups and plastic spoons