

First Aid Kit Checklist

- 2 pairs of latex gloves
- Sterile dressings (gauze sponges and pads)
- Adhesive bandages in a variety of sizes
- Cleansing agent/soap and antibiotic towelettes
- Antibiotic ointment
- Burn ointment
- Eye wash solution to flush eyes or as general decontaminant
- Thermometer
- Prescription medications you take daily
- Prescribed medical supplies such as glucose and blood pressure monitoring equipment
- Non-prescriptions drugs: aspirin, antacid, anti-diarrhea, laxative)
- Scissors
- Tweezers
- Tube of petroleum jelly or other lubricant
- Also, visit: www.Ready.gov

General Tips

- Consider taking a first aid class.
- Ask your doctor how to store prescription medications such as high blood pressure medicine, insulin, and others.
- Every family is different and has unique need. For example, infants will need formula, diapers, rash ointment, etc. Others may need extra contact lenses or eye glasses, etc.