

First Aid Kit Contents List

- Adhesive bandages (various sizes)
- Liquid bandages (optional)
- Antibiotic ointment and/or antiseptic wipes or spray
- Sterile gauze (in rolls and pads)
- Instant and reusable cold compresses (keep reusable ones in the freezer)
- Hydrocortisone ointment
- Calamine lotion
- Rubbing alcohol
- Hydrogen peroxide
- Hand sanitizing gel
- Eye wash solution (with eye cup)
- Sterile saline solution
- Sunscreen (at least SPF 15)
- Sunburn relief ointment
- Cotton balls
- Cotton swabs
- Disposable gloves
- Ace bandages
- Thermometer (get one appropriate for age of user)
- Bulb syringe
- Medical dosage spoons
- Blunt tip scissors (for cutting gauze and medical tape)
- Tweezers
- Fine needle (for helping remove splinters)
- Save-a-Tooth system (for preserving knocked out teeth so they don't die before dentist can put them back)
- Fever and pain reducers*
- Antacids
- Nausea medication*
- Anti-diarrhea medication*
- Oral electrolyte solution*
- Mild laxatives*
- Antihistamines*
- Cold and/or flu OTC medication*
- Cough medicine*
- Prescription medicines (only for family members with prescriptions)
- First aid instruction booklet
- Notification of any family members with allergies, in case emergency personnel need to come assist
- Contact information for family doctor, dentist, and emergency contact numbers for family members (work and cell)

* Indicates you should have both a children's version and adult version on hand, if needed.

Emergency: Police & Fire: Call 911

Poison Control Center: 1-800-222-1222

Doctor: Name _____

Phone # _____

Dentist: Name _____

Phone # _____