

EMERGENCY FIRST AID SUPPLIES CHECKLIST

Trauma Supplies

- Adhesive bandages of various sizes and shapes
- Moleskin
- Sterile heavy gauze
- Sterile non-adhesive pads
- Sterile eye pads
- Gauze roller bandages
- Butterfly closure strips
- Medical tape
- Burn gel
- Tourniquet



Airway and Breathing Supplies

- CPR breathing barrier or disposable resuscitator
- Aspirator



Bone and Ligament Injury Supplies

- Triangular bandages
- Ace bandage
- Hot/cold packs
- Aluminum finger splint
- Bendable splint
- Safety pins



Personal Protective Supplies

- Disposable plastic gloves
- Surgical mask, N95
- Goggles



Medications, Ointments, and Creams

- Aspirin
- Epipen
- NSAIDs
- Anti-diarrheal medicine
- Activated charcoal
- Emetics
- Electrolytes
- Anti-itch ointments
- Anti-fungal creams
- Antacid
- Antiseptic ointments
- Iodine
- Petroleum jelly
- Insect sting relief
- Cough/cold medicine
- Anti-fever medicines
- Prescription medications



Wound Care and Cleaning Supplies

- Sterile saline solution
- Antiseptic wipes and/or alcohol
- Hydrogen peroxide
- Irrigation syringe
- Sterile cotton swaps and q-tips
- Tweezers
- Scissors
- Antiseptic cream



Other First Aid Supplies

- Small flashlight
- Emergency mylar blanket
- Thermometer
- Smelling salts
- Tongue depressor
- Measuring spoon or syringe for liquid medications
- Copies of medical records and prescriptions
- Contact info for healthcare professionals
- First aid manual

