

First Aid Kit

Customizing Your First Aid Kit

The following is a suggested list of supplies for a first aid kit. Your kit(s) may vary based on the needs of your family, or recommendations from emergency response instructors. For example, if you are allergic to bee stings, you should include sting treatment in your kit. A first aid kit is not the same thing as a bug out bag. Feel free to add to this list and print it for your own use.

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| <p>___ 1. 2" & 4" width Gauze bandage rolls</p> <p>___ 2. Gauze pads - sterile, packed individually</p> <p>___ 3. Adhesive bandages in various sizes</p> <p>___ 4. Butterfly bandages</p> <p>___ 5. Large triangular bandages</p> <p>___ 6. Adhesive tape roll - 1" width</p> <p>___ 7. 3" wide elastic bandage</p> <p>___ 8. Flashlight and extra fresh batteries</p> <p>___ 9. Cotton-tipped swabs</p> <p>___10. Roll of absorbent cotton</p> <p>___11. Aspirin in small bottle</p> <p>___12. Acetaminophen in small bottle</p> <p>___13. Thermometers - Oral and rectal</p> <p>___14. Tweezers and sewing needles</p> <p>___15. Syrup of ipecac</p> <p>___16. Plastic shoe box for storage</p> | <p>___17. Petroleum jelly</p> <p>___18. Hydrogen peroxide</p> <p>___19. Calamine lotion</p> <p>___20. Bar of plain soap</p> <p>___21. Powdered activated charcoal</p> <p>___22. Scissors</p> <p>___23. Large safety pins</p> <p>___24. Antacid</p> <p>___25. Antibiotic ointment</p> <p>___26. Antiseptic wipes</p> <p>___27. Antihistamine</p> <p>___28. Dosage spoon or eyedropper</p> <p>___29. Safety matches</p> <p>___30. Paper tissues</p> <p>___31. First-aid manual</p> <p>___32. Disposable gloves</p> |
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Disclaimer: This list is a guide and as such it is by no means an exhaustive list of materials you may need for your own home or truck. This page should not be considered as medical advice in any situation. When in doubt about what emergency preparations you should make or what medical procedures you should take, call your family doctor or local emergency response provider. It is up to each individual to properly protect his or her own family, residence and workplace.

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