

First Aid / Medical Supplies Kit

Injuries during emergencies are common. A well-stocked first aid kit can stabilize wounds, treat illness, and reduce risk while waiting for professional help. Build or supplement your kit using this checklist.

Trauma & Wound Care

- Sterile gauze pads and roller bandages
- Adhesive bandages (variety pack)
- Antiseptic wipes and hydrogen peroxide
- Medical tape and trauma shears
- Hemostatic agent (QuikClot or Celox)

Medications & Treatments

- Pain relievers (ibuprofen, acetaminophen)
- Antihistamines and anti-diarrheals
- Cold/flu medicine and electrolyte tablets
- Prescription medications (7-day supply)
- Topical creams (burn, anti-itch, antibiotic)

Tools & Instruments

- Tweezers and thermometer
- CPR mask or shield
- Finger splints and elastic wraps
- Gloves (nitrile or latex-free)

Health & Hygiene

- Eye wash and sterile eye pads
- Digital or paper medical records
- Soap sheets and hand sanitizer
- Face masks (surgical or N95)

Tips & Hints:

Check expiration dates regularly and restock after any use.

Consider wilderness first aid or CPR training to enhance your skills.

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