Basic List of Medical and First Aid Supplies

Bandaging
Ace bandages – assorted sizes
2", 3" 4" gauze rolls
sterile dressing assorted sizes
1" tape - cloth, plastic or paper
Bandaids – variety including:
    Assorted sizes of strips
    Butterfly bandages
    Extra large
    Fingertip/Knuckle
Sanitary napkins, individually packed
Super Glue for wound closure
Triangular bandages

Colds
Antihistamine/decongestants
Cold medicine of choice
Cough lozenges &/or syrup
Vitamin C - & others as desired

Disinfectants
Alcohol
Alcohol preps individually wrapped
Gel hand sanitizer – waterless
Hydrogen peroxide
Bar soap
Triple antibiotic ointment (neosporin)
Water purification tablets

Eye Care
Lubricating eye drops
Contac lens solutions
Opthalmic antibiotic ointment –RX only

Gastrointestinal Relief
Antacids – liquid or tablets
Anti-nausea- i.e. Dramamine
Diarrhea medicine i.e. Immodium
Glycerine suppositories
Laxative
Pepto Bismol &/or Alka-Seltzer

Insect bites and stings
Baking soda
Benadryl –for allergic reactions
Calamine or Caladryl lotion

Ointments
KY jelly – water-soluble
Mentholatum
Petroleum jelly
Zinc oxide

Pain Relief
Aspirin & non-aspirin pain reliever
Earache/toothache drops
Prescribed medicines
Tylenol drops for babies if needed

Skin Rashes-Allergic reactions
Antihistamine tablets & syrup
Benadryl or Caladryl
Hydrocortisone cream
Prescribed medicines i.e. Epi pens

Miscellaneous
Favorite home remedies
First aid manual
Lip balm
Insect repellent
Personal medications and equipment – i.e.
    insulin, and syringes, heart meds etc.
Sun screen and block

Tools and Equipment
Container - tackle box, plastic box etc.
Collapsible drink cup/paper cups
(Consecrated oil - if LDS)
Dental floss
Gloves - Heavy-duty work & Latex
Instant ice pack
Matches – waterproof container
Medicine dropper/dose cups
Q-tips
Penlight & batteries
Pocket knife - sharp
Pocket mask - other barrier device to use in CPR
Scissors – bandage & heavy duty
Sewing needles/thread, Safety pins
Splinting materials
Thermometer
Tongue depressors – (many uses)
Tweezers