First Aid Kit Lists

Basic

[ ]  Acetaminophen (Tylenol)

[ ]  Antacids (Tums)

[ ]  Anti-itch cream (Hydrocortisone)

[ ]  Antihistamine (Benadryl)

[ ]  Antiseptic cream (Neosporin)

[ ]  Band Aids

[ ]  Ear Plugs

[ ]  Ibuprofen (Motrin)

[ ]  Pair of Gloves

Deluxe

[ ]  Acetaminophen (Tylenol)

[ ]  Antacids (Tums)

[ ]  Anti-itch cream (Hydrocortisone)

[ ]  Antihistamine (Benadryl)

[ ]  Antiseptic cream (Neosporin)

[ ]  Band Aids

[ ]  Ear Plugs

[ ]  Ibuprofen (Motrin)

[ ]  Pair of Gloves

[ ]

[ ]  Ace Wrap

[ ]  Alcohol Wipes

[ ]  Athletic Tape

[ ]  Cotton Swabs (Q-Tips)

[ ]  Feminine Hygiene products

[ ]  Gauze Pads

[ ]  Gauze Rolls (Kerlix Bandage)

[ ]  Instant Cold Pack

[ ]  Moist Toilettes

[ ]  Moleskin blister dressings

[ ]  Saline Spray

[ ]  Scissors

[ ]  Tape

[ ]  Thermometer

[ ]  Tweezers