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