



Pack A Kit First-Aid Supplies Checklist

- First-aid instruction manual
- Adhesive tape
- Antibiotic ointment
- Antiseptic solution or towelettes
- Bandages, including a roll of elastic wrap
- Instant cold packs
- Disposable latex or synthetic gloves, two+ pair
- Cotton balls and cotton-tipped swabs
- 2- and 4-inch sterile gauze pads (4-6 each size)
- Eye goggles
- Plastic bags for contaminated materials
- Petroleum jelly or other lubricant
- Soap and instant hand sanitizer
- Sterile eyewash, such as a saline solution
- Sunscreen
- Thermometer
- Triangular bandages (3)
- Tweezers, scissors, safety pins and a needle
- Turkey baster or other bulb suction device for flushing out wounds

Prescription Medications

It may be difficult to obtain prescription medications during an emergency because stores may be closed or supplies may be limited. Ask your physician or pharmacist about storing prescription medications. Be sure they are stored to meet instructions on the label and be mindful of expiration dates—be sure to keep your stored medication up to date.

Prescription medication that you or your family may need:

- _____
- _____
- _____
- _____
- _____

Eye Wear

- Extra pair of prescription glasses or contact lens

Other Medication

Have the following non-prescription drugs in your emergency supply kit:

- Aspirin and non-aspirin pain relievers
- Antidiarrheal medication
- Antacid (for stomach upset)
- Over-the-counter oral antihistamine (Benadryl, others)
- Calamine lotion
- Over-the-counter hydrocortisone cream
- Laxative
- Syrup of ipecac (used to induce vomiting if advised by poison control center)
- Syringe, medicine cup or spoon
- Vitamins
- Activated charcoal (use only if instructed by your poison control center)