

## 28 OTC MEDICATIONS TO STOCKPILE IN YOUR EMERGENCY KIT CHECKLIST ✓

You probably won't need to include every single item in this list. Rather, the checklist is a starting point to help make sure you don't overlook any important items. Customize the checklist based on your medical requirements.

For more detailed information see - <https://www.primalsurvivor.net/otc-medications/>



### PAIN AND FEVER MEDICINES

- Acetaminophen (Tylenol)
- Acetylsalicylic acid (Aspirin)
- Ibuprofen (Motrin, Advil)



### DIARRHEA AND GI MEDS

- Pepto Bismol
- Imodium
- Electrolytes (aka Rehydration Salts)



### WOUND CARE MEDICATIONS

- Burn cream
- Antibiotic or antibacterial ointment (such as Neosporin)
- QuickClot



### COLD AND FLU MEDICATIONS

- Cough syrup (or make your own)
- Cough drops
- Vapor rub
- Decongestants (such as pseudoephedrine)



### SKIN AND ALLERGY MEDS

- Oral antihistamines: Good options include diphenhydramine (Benadryl), Loratadine (Claritin), cetirizine (Zyrtec), and Fexofenadine (Allegra)
- Anti-itch creams: These will contain antihistamines, steroids, and/or an anesthetic



### ANTIBIOTICS

- Fish antibiotics
- Natural antibiotics – Oil of oregano, goldenseal, garlic, and berberine are good choices.



### OTHER

- Saline Solution: Good for cleaning out sinuses, wounds, and eye irrigation
- Laxatives: The sudden change in diet during an emergency can lead to terrible constipation. Laxatives will be welcome!
- Activated Charcoal: Consume in event of poisoning. Also good for GI ailments.
- Sleeping Pills
- Immunity-Boosting Supplements
- Potassium iodide tablets

