




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 
- Fungal creams: For fungal infections like athlete's foot and yeast infections, you'll want OTC meds like clotrimazole, miconazole, and butenafine hydrochloride. 
- Epi Pen 








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 