

# EMERGENCY FIRST AID SUPPLIES CHECKLIST





## TRAUMA SUPPLIES

- ☐ Adhesive bandages of various sizes and shapes 
- ☐ Moleskin 
- ☐ Sterile heavy gauze 
- ☐ Sterile non-adhesive pads 
- ☐ Gauze roller bandages 
- ☐ Butterfly closure strips 
- ☐ Medical tape 
- ☐ Burn gel 
- ☐ Tourniquet 









## AIRWAY AND BREATH SUPPLIES

- ☐ CPR breathing barrier or disposable resuscitator 
- ☐ Aspirator 



## BONE AND LIGAMENT INJURY SUPPLIES

- ☐ Triangular bandages 
- ☐ Ace bandage 
- ☐ Hot/cold packs 
- ☐ Aluminum finger splint 
- ☐ Bendable splint 
- ☐ Safety pins 




















## PERSONAL PROTECTIVE SUPPLIES

- ☐ Disposable plastic gloves 
- ☐ Surgical mask, N95 
- ☐ Goggles 










## MEDICATIONS, OINTMENTS, AND CREAMS

- ☐ Aspirin 
- ☐ Epipen 
- ☐ NSAIDS 
- ☐ Anti-diarrheal medicine 
- ☐ Activated charcoal 
- ☐ Emetics 
- ☐ Electrolytes 
- ☐ Anti-itch ointments 
- ☐ Anti-fungal creams 
- ☐ Antacid 
- ☐ Anticeptic ointments 
- ☐ Iodine 
- ☐ Petroleum jelly 
- ☐ Insect sting relief 
- ☐ Cough/cold medicine 
- ☐ Anti-fever medicines 
- ☐ Prescription medications 



## WOUND CARE AND CLEANING SUPPLIES









- ☐ Sterile saline solution 
- ☐ Antiseptic wipes and/or alcohol 
- ☐ Irrigation syringe 
- ☐ Sterile cotton swaps and q-tips 
- ☐ Tweezers 
- ☐ Scissors 
- ☐ Antiseptic cream 

the Checklist continues on the next page →

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## OTHER FIRST AID SUPPLIES

- ☐ Small flashlight 
- ☐ Emergency mylar blanket 
- ☐ Thermometer 
- ☐ Smelling salts 
- ☐ Tongue depressor 
- ☐ Measuring spoon or syringe for liquid medications 
- ☐ Copies of medical records and prescriptions 
- ☐ Contact info for healthcare professionals 
- ☐ First aid manual 