

Here's What Should Be in a First-Aid Kit



First-Aid Basic Care

- Antiseptic wipes (BZK-based wipes preferred; alcohol-based OK)
- Antibacterial ointment (e.g., bacitracin)
- Assorted adhesive bandages (fabric preferred)
- Butterfly bandages / adhesive wound-closure strips
- Gauze pads (various sizes)
- Nonstick sterile pads
- Medical adhesive tape (10 yd. roll, min. 1" width)
- Blister treatment (Burn Gel)
- Chemical ice packs (non-toxic)
- Ibuprofen / other pain-relief medication
- Insect sting / anti-itch treatment
- Antihistamine to treat allergic reactions
- Splinter (fine-point) tweezers
- Safety pins
- First-aid manual
- Sterile or Bottled water

Wraps, Splints and Wound Coverings

- Elastic wrap
- Triangular cravat bandage
- Finger splint(s)
- SAM splint(s)
- Rolled gauze
- Rolled, stretch-to-conform bandages
- Hydrogel-based pads
- First-aid cleansing pads with topical anesthetic
- Hemostatic (blood-stopping) gauze

Tools and Supplies

- Multi-tool with Knife
- Blunt-tip scissors
- Cotton-tipped swabs
- Standard oral thermometer
- Medical / surgical gloves (disposable; non-latex)
- Disposable Masks
- Small notepad with waterproof pencil or pen
- Medical waste bag (plus box for sharp items)
- Emergency heat-reflecting blanket
- Hand sanitizer
- Biodegradable soap
- Waterproof container to hold supplies and meds



This checklist provides general suggestions for a basic First Aid kit. Please customize the contents of your kit based on your personal needs, medical conditions, and the specific activities or environments in which it will be used. Always seek professional advice for specific medical concerns or emergencies.