

## First Aid Kit and Medicine Cabinet Checklist

### Medications

(keep both adult and children's versions when applicable)

- Ibuprofen/acetaminophen pain reliever
- Antihistamine (such as Benadryl)
- Cough syrup
- Decongestant
- Anti-diarrhea medication
- Indigestion medication
- Activated charcoal
- Syrup of ipecac



- Hot water bottle
- Safety pins and Ace bandage grips
- Medication-dispensing syringes or spoons for liquids

### Topical Applications

- Antiseptic wipes
- Rubbing alcohol
- Hydrogen peroxide
- Calamine lotion
- Sunscreen
- Burn ointment
- Hydrocortisone cream
- Anesthetic spray
- Antibiotic ointment

### Bandages and Dressings

- Adhesive bandages of various sizes
- Butterfly closures
- Adhesive bandage tape
- Ace bandage
- Gauze bandages and pads
- Finger splints
- Feminine pads
- Sterile cotton balls and swabs

### Tools

- Tweezers
- Sewing needle for removing splinters
- Bandage scissors (rounded tips for safety)
- Thermometer (you can buy single use ones)
- Latex gloves
- Disposable razor

### Other

- Instant cold packs
- Paper bag for hyperventilation
- Allergy emergency supplies if someone has severe allergic reactions
- Emergency phone numbers
- Copy of this checklist

---

We recommend having First Aid Kits both in your car and in your home, and if your family goes camping, also have a kit with your camping gear.

Many of these items, such as sunscreen and medications, will need to be replaced periodically due to expiration dates. Some of these items may deteriorate over time with exposure to heat. Make sure you check the contents of your First Aid Kits at least once a year to replace outdated items.

This list is fairly comprehensive, but it may not contain items specific to your needs. You may wish to add more items, or you may wish to have a "mini-version" of this kit for your car or other travel.