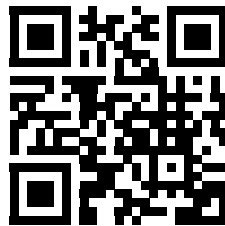


Home First Aid Kit Checklist

- First aid manual
- Emergency contact list
- Disposable gloves (non-latex)
 - CPR face shield or mask
 - Thermometer
- Tweezers and scissors
- Flashlight with extra batteries
 - Hand sanitizer
- Adhesive bandages (variety)
- Gauze pads (multiple sizes)
 - Medical tape
 - Elastic bandage
 - Antiseptic wipes
 - Antibiotic ointment
 - Burn gel or aloe
 - Triangular bandage
 - Pain relievers
 - Antihistamine
- Hydrocortisone cream
 - Antacid
 - Calamine lotion
- Personal medications

Last Checked: _____

Scan for training & resources:



Car First Aid Kit Checklist

- Disposable gloves
- CPR face shield
- Flashlight (waterproof preferred)
 - Emergency blanket
- Reflective triangles or flares
 - Multi-tool
- Adhesive bandages
 - Gauze pads
 - Medical tape
 - Antiseptic wipes
 - Antibiotic ointment
 - Saline solution
 - Pain relievers
 - Antihistamine
- Motion sickness medication
 - Burn gel
 - Instant cold pack

Last Checked: _____

Scan for training & resources:

