Basic First Aid Kit Checklist

- ___ Adhesive bandages
- ___ Antiseptic
- ___ Burn ointment
- ___ CPR breathing bqrrier
- ___ Eye/skin wash
- ___ First Aid Guide
- ___ Medical exam gloves
- ___ Scissors
- ___ Sterile gauze pads
- ___ Trauma dressing
- ___ Adhesive tape
- ___ Burn dressings
- ___ Cold pack 4x5 in.
- ___ Eye covering
- ___ Triangular bandage
- ___ Mylar blanket
- ___ Roller bandages
- ___ Splint
- ___ Tourniquet

Tips for your first aid kit

- Keep the kit in a cool, dry place to prevent damage to supplies.
- Keep out of reach of small children, but ensure adults and older kids know where it is.
- Check contents regularly and replace expired or used items.



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