



## Home First Aid Kit Checklist General Supplies

- ☐ Adhesive bandages (various sizes)
- ☐ Gauze pads (various sizes)
- ☐ Adhesive cloth tape
- ☐ Antiseptic wipes
- ☐ Antibiotic ointment
- ☐ Hydrocortisone cream (1%)
- ☐ Aloe vera gel (for first-degree burns)
- ☐ Instant cold packs or resealable plastic bags for ice
- ☐ Triangular bandages (for slings)
- ☐ Elastic bandage roll (Ace wrap)
- ☐ Tweezers
- ☐ Scissors
- ☐ Digital thermometer
- ☐ Latex-free gloves
- ☐ Face shield for CPR
- ☐ Saline solution or wound wash
- ☐ First aid guidebook (American Red Cross or similar)
- ☐ Low-dose aspirin (baby aspirin)

### Optional Medications

- ☐ Ibuprofen or acetaminophen
- ☐ Antihistamines (diphenhydramine/Benadryl)
- ☐ Antacids
- ☐ Antidiarrheal (loperamide)
- ☐ Cough suppressant/decongestant

### Special Considerations

- ☐ Non-latex gloves and bandages (if latex allergy)
- ☐ Condition-specific supplies (inhaler, epinephrine auto-injector, etc.)

### 4 C's of Wound Care

- Clean - Rinse with clean water or saline solution
- Coat - Apply a thin layer of antibiotic ointment
- Cover - Use a sterile bandage
- Call - Seek medical attention if needed

Tip: Review your kit twice a year and replace any expired or used items. Get trained in First Aid, CPR, and AED use so you'll know exactly what to do in an emergency.