Recommend First Aid Kit Contents

Adhesive bandages — assorted sizes Knuckle bandages Fingertip bandages ABD abdominal bandages (absorbent pads) Antiseptic wipes Elastic wrap (Stretchable bandage typically 3" and 4" wide with fasteners) − 1 of each Bandage scissors Disposable vinyl gloves − 3 pairs Sterile gauze pads (small, medium and large sizes) Single Use Instant Chemical Cold Pack (squeezable to activate) Small plastics "sandwich" bags for ice and/or containment and disposal of biohazardous materials Saline solution squeeze bottle with saline solution packets Insect sting swab Petroleum jelly − 1 jar Hydrogen peroxide − 1 bottle Triple antibacterial ointment i.e.Neosporin (bacitracin zinc, neomycin sulfate, polymyxin b sulfate ointment intibacterial soap Tweezers Epinephrine auto-injector (e.g., EpiPen or Auvi-Q) for allergic reactions Tongue Depressors (6")	
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☐ Moleskin bandage for prevention of blisters	
☐ Cotton tip applicators (wooden or plastic)	
Additional Supplies:	
□ Blank injury report forms	
☐ Writing pen	
□ Nail clippers□ Sunscreen	

