

Basic First Aid Kits

A basic first aid kit should include the items listed below, but be sure to include personal items that you rely on daily.

- Disposable/sterile burn blankets
- Adhesive tape
- Hydrogen peroxide, Betadine
- 4 x 4 gauze pads (sterile and non sterile), roller gauze
- Bandages (assorted sizes)
- Ice packs
- Eye pads
- Scissors
- Cotton balls/cotton swabs/cotton applicators
- Tweezers
- Penlight
- Thermometer
- Safety pins and sewing needles/thread
- Anti-bacterial towelettes
- Blood-stopper compresses
- Burn ointment
- CPR shield
- Triple antibiotic ointment
- Over the counter medication, pain relief and digestive aids

