

First-Aid Checklist



First-aid basic care

- Antiseptic wipes (BZK-based wipes preferred, alcohol-based OK)
- Antibacterial ointment (e.g., bacitracin)
- Compound tincture of benzoin (bandage adhesive)
- Assorted adhesive bandages (fabric preferred)
- Butterfly bandages / adhesive wound-closure strips
- Gauze pads (various sizes)
- Nonstick sterile pads
- Medical adhesive tape (10 yd. roll, min. 1" width)
- Blister treatment
- Ibuprofen / other pain-relief medication
- Insect sting / anti-itch treatment
- Antihistamine to treat allergic reactions
- Splinter (fine-point) tweezers
- Safety pins
- First-aid manual or information cards



Wraps, splints & wound coverings

- Elastic wrap
- Triangular cravat bandage
- Finger splint(s)
- SAM splint(s)
- Rolled gauze
- Rolled, stretch-to-conform bandages
- Hydrogel-based pads
- First-aid cleansing pads with topical anesthetic
- Hemostatic (blood-stopping) gauze
- Liquid bandage



Additional medications & treatments

- Prescription medications (e.g., antibiotics)
- Sunburn relief gel or spray
- Throat lozenges
- Lubricating eye drops
- Diarrhea medication
- Antacid tablets
- Oral rehydration salts
- Glucose or other sugar (to treat hypoglycemia)
- Injectable epinephrine (for severe allergic reactions)
- Aspirin (primarily for response to a heart attack)



Tools & supplies

- Knife (or multi-tool with knife)
- Paramedic shears (blunt-tip scissors)
- Safety razor blade (or scalpel w/ #15 or #12 blade)
- Cotton-tipped swabs
- Standard oral thermometer
- Irrigation syringe with 18-gauge catheter
- Medical/surgical gloves (nitrile preferred, avoid latex)
- CPR mask
- Small notepad with waterproof pencil or pen
- Medical waste bag (plus box for sharp items)
- Waterproof container to hold supplies and meds
- Emergency heat-reflecting blanket
- Hand sanitizer
- Biodegradable soap