

HOME FIRST AID KIT

Two 2” roller bandages
Two 1” roller bandages
Roll of 1” adhesive tape
12 3x3 sterile pads (in box or small zip lock bag)
Large box assorted adhesive bandages
Six elastic bandages, 3 – 6 inches wide
Thermometer
Scissors
Tweezers
Safety pins
One set of THIN board splints, 30 inches long
One box alcohol wipes (10 will do in a zip lock bag)
Calamine lotion
Two pairs latex gloves (in a small zip lock bag)
Antiseptic (triple antibiotic cream/ointment)
Eye Goggles
Mouth-Barrier device (can be purchased at Red Cross or pharmacy for \$10.00)
Small notebook and pencil
Small bar of soap or waterless cleaner

Important to keep things in boxes or zip lock bags to keep them organized, easy to recognize, easy to grab in an emergency and to keep them clean.

Put items in a box and label it on all sides “First Aid Kit” so that everyone in the household will know what it is.