

BASIC FAMILY FIRST AID KIT CHECKLIST

If you have children, remember to stock the age appropriate version of any medications they will be taking.

FEVER & PAIN

- Thermometers
- Aspirin
- Ibuprofen
- Tylenol
- Dermoplast (numbing spray)
- Heat packs/heating pads
- Instant Cold Packs

STOMACH

- Anti-Diarrheal
- Dramamine
- Laxatives
- Pepto Bismol
- Stool softeners
- Zantac (acid reducer)
- Antacids

COUGH, COLD, ALLERGY

- Benadryl cream
- Hydrocortisone cream
- Nasal Decongestant
- Vicks vapo rub
- Bulb syringe
- Liquid and Chewable Benadryl
- Orajel
- Chloraseptic Throat Spray
- Cough drops

CUTS, SCRAPES, BURNS

- Alcohol
- Antibiotic ointment
- Band-Aids (various sizes and styles)
- Burn Free
- Gauze pads
- Medical Tape
- Liquid bandage
- Non-stick Sterile Pads
- Rolled Gauze
- VetWrap (Coban)

BREAKS AND SPRAINS

- Finger splint
- Knee brace
- Ankle brace
- Wrist brace
- Ace Bandages

OTHER

- Nail clippers
- Petroleum Jelly
- Tweezers
- Prescription Medications
- EpiPen