



Make a Plan. Make a Difference.

Pack a Kit: First Aid Supplies Checklist

Assemble a first aid kit for your
home and for each vehicle

First Aid Kit Essentials

- First aid manual
- Sterile adhesive bandages in assorted sizes
- Assorted sizes of safety pins
- Cleansing agents (isopropyl alcohol, hydrogen peroxide)/soap/germicide
- Antibiotic ointment
- Latex gloves (2 pairs)
- 2-inch and 4-inch sterile gauze pads (4-6 each size)
- Triangular bandages (3)
- 2-inch and 3-inch sterile roller bandages (3 rolls each)
- Cotton balls
- Scissors
- Tweezers
- Needle
- Moistened towelettes
- Antiseptic
- Thermometer
- Tongue depressor blades (2)
- Tube of petroleum jelly or other lubricant
- Sunscreen

Prescription Medications

It may be difficult to obtain prescription medications during a disaster because stores may be closed or supplies may be limited. Ask your physician or pharmacist about storing prescription medications. Be sure they are stored to meet instructions on the label and be mindful of expiration dates—be sure to keep your stored medication up to date.

List prescription medications that you need to have on hand:

- _____
- _____
- _____
- _____
- _____
- _____
- _____

Eye Wear

- Extra pair of prescription glasses or contact lens.

Other Medications

Have the following nonprescription drugs in your disaster supply kit:

- Aspirin and non aspirin pain reliever
- Antidiarrheal medication
- Antacid (for stomach upset)
- Syrup of ipecac (use to induce vomiting if advised by the poison control center)
- Laxative
- Vitamins

Other

- _____
- _____
- _____
- _____