

Rn Approved First Aid Kit Checklist

Bleeding and Wounds

- Various size regular bandages
- Butterfly bandages
- Steri-strips
- Compound tincture of benzoin
- Liquid bandage (superglue)
- Finger / knuckle bandages
- Gauze Dressing Pads (2x2, 4x4)
- Trauma pads (could use menstrual pads)
- Triangular bandage
- Hemostatic agent (such as Celox)
- Gauze roll bandages (2 in and 4 in)
- Nylon sutures (#3 - #5)
- Needle puller
- Surgical scissors
- Eye wash (for wound irrigation)

Burns

- Water Jel Burn Jel
- Water Jel Burn Dressing (4x4ish)

Fever / Pain

- Thermometer
- Aspirin, Ibuprofen, Tylenol, Excedrin
- Pain relieving spray
- Oral pain gel
- Icy Hot
- Cooling Towel

Other creams / sprays / ointments:

- Sting / bite relief
- Hydrocortisone
- Antibiotic ointment
- Povidone- iodine pads
- Antiseptic pads
- Antiseptic hand wipes
- Chapstick / lip ointment
- Sunscreen
- Bug spray

OTC Meds:

- Allergy medicine
- Nausea / diarrhea meds
- Cold medicine
- Antacid
- Cough drops
- Cold eeze

Sprain / Break

- Flexible Splint
- Finger Splint
- Cold Packs
- Elastic bandages (3")

Dehydration

- MediLyte
- Oral IV

For Kids:

- Suckers (for distraction)
- Cold Meds
- Benadryl for kids
- Ibuprofen / Tylenol

Other:

- Eye pad
- CPR Shield
- Nitrile gloves
- EMT Shears
- Tweezers
- Waterproof tape
- Moleskin
- Pink eye relief
- Zip lock bags (for soiled items)
- Living Ready Pocket Manual

