

FIRST AID AND HYGEINE CHECKLIST

The Art of Survival

For product recommendations visit us @ <https://artofsurvivalguide.com/supplies>

FIRST AID KIT

<input type="checkbox"/>	First aid manual
<input type="checkbox"/>	Sterile gauze pads
<input type="checkbox"/>	Adhesive tape
<input type="checkbox"/>	Band-aids (size variety)
<input type="checkbox"/>	Elastic wrap (Ace wrap)
<input type="checkbox"/>	Antiseptic wipes
<input type="checkbox"/>	Antibiotic ointment
<input type="checkbox"/>	Hydrogen peroxide
<input type="checkbox"/>	Asprin and Ibuprofen
<input type="checkbox"/>	Tweezers
<input type="checkbox"/>	Alcohol wipes
<input type="checkbox"/>	Medical gloves
<input type="checkbox"/>	Cotton swabs and balls
<input type="checkbox"/>	Calamine lotion
<input type="checkbox"/>	Splint
<input type="checkbox"/>	Thermometer
<input type="checkbox"/>	Antibiotics
<input type="checkbox"/>	Bleach for water

PERSONAL HYGEINE

<input type="checkbox"/>	Shampoo
<input type="checkbox"/>	Soap
<input type="checkbox"/>	Toothpaste
<input type="checkbox"/>	Tooth brushes
<input type="checkbox"/>	Floss
<input type="checkbox"/>	Feminine products
<input type="checkbox"/>	Brush or comb
<input type="checkbox"/>	Fingernail clippers
<input type="checkbox"/>	Cotton swabs
<input type="checkbox"/>	Wash cloths and towels
<input type="checkbox"/>	Toilet paper
<input type="checkbox"/>	Deodorant
<input type="checkbox"/>	Razor and shaving cream
<input type="checkbox"/>	Mirror
<input type="checkbox"/>	Baby wipes
<input type="checkbox"/>	Garbage bags and Ziplock bags
<input type="checkbox"/>	Contact lens solution
<input type="checkbox"/>	5 gallon bucket to store kit
<input type="checkbox"/>	Scissors

SANITATION

<input type="checkbox"/>	5 gallon bucket for latrine
<input type="checkbox"/>	Shovel for digging latrine
<input type="checkbox"/>	Disinfecting spray and bleach
<input type="checkbox"/>	Garbage bags
<input type="checkbox"/>	Burn barrel
<input type="checkbox"/>	Pitch fork for composting
<input type="checkbox"/>	Wash-board for clothes
<input type="checkbox"/>	Clothes line and pins for drying
<input type="checkbox"/>	Detergent for clothes