

# FIRST AID KIT CHECKLIST

MAKE A SEPARATE KIT OR EACH FLOOR OF YOUR HOME

- STERILE COTTON GAUZE PADS**  
-----
- ANTISEPTIC WASH**  
-----
- BAND-AIDS OF DIFFERENT SIZES AND SHAPES**  
-----
- ADHESIVE BANDAGES & TAPE**  
-----
- ANTIBIOTIC OINTMENT**  
-----
- TWEEZERS**  
-----
- DISPOSABLE GLOVES**  
-----
- BREATHING BARRIER OR LIFEVAC**  
-----
- INSTANT COLD PACK**  
-----
- ASPRIN**  
-----
- ORAL THERMOMETER**  
-----
- MEDICAL SCISSORS**  
-----
- A COPY OF ALL FAMILY MEMBERS INSURANCE CARDS, MEDICAL NEEDS, ALLERGIES, BLOOD TYPES & EMERGENCY CONTACTS**  
-----