

# FIRST AID KIT CHECKLIST

- #1. Adhesive bandages
- #2. Ointments for wounds
- #3. Cotton balls and swabs
- #4. Wound cleaning agents
- #5. Gauze pads
- #6. Medical tape
- #7. Elastic bandages
- #8. Cough, cold, fever medicines
- #9. Pain reliever medicines
- #10. Medicines for stomach issues
- #11. Rehydrating fluid packs
- #12. Instant cold pack
- #13. Sterile eye wash
- #14. Ointments/sprays for burns
- #15. Thermometer
- #16. Scissors and safety pins
- #17. Latex gloves
- #18. Wet wipes
- #19. Hand Sanitizer
- #20. Rubbing alcohol
- #21. Calamine lotion
- #22. Medicine measuring cup
- #23. Nasal bulb syringe
- #24. Tweezers
- #25. Personal medications
- #26. Emergency contact number
- #27. Medical record
- #28. First aid instruction manual
- #29. Small flashlight
- #30. Thermal blanket



Note: Consult a pediatrician before buying oral medicines. Restock as and when the supplies finish or reach expiry date. Keep it out of reach of children but in a place visible to everyone. Learn how and when to use each item in your kit.