

Basic items to have in your first aid kit:

Check off items as you pack your kit

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|---|---|
| <input type="checkbox"/> Trauma shears | <input type="checkbox"/> Tweezers |
| <input type="checkbox"/> Safety pins | <input type="checkbox"/> Patient assessment forms |
| <input type="checkbox"/> Oral thermometer | <input type="checkbox"/> Rescue mask |
| <input type="checkbox"/> Emergency blanket | <input type="checkbox"/> Second skin dressings |
| <input type="checkbox"/> Antibiotic ointment packets | <input type="checkbox"/> Knuckle bandages |
| <input type="checkbox"/> 3x4" non-stick pads | <input type="checkbox"/> Coban wrap |
| <input type="checkbox"/> Tape roll | <input type="checkbox"/> SAM splint |
| <input type="checkbox"/> First aid reference book | <input type="checkbox"/> Gloves |
| <input type="checkbox"/> 12cc irrigation syringe | <input type="checkbox"/> Povidone-iodine solution |
| <input type="checkbox"/> Antiseptic towelettes | <input type="checkbox"/> Sterile scrub brush |
| <input type="checkbox"/> Wound closure strips | <input type="checkbox"/> Tincture of benzoin |
| <input type="checkbox"/> Blister treatment | <input type="checkbox"/> 1x3" Band-Aid bandages |
| <input type="checkbox"/> 4x4" sterile gauze pads | <input type="checkbox"/> 3" conforming roll gauze |
| <input type="checkbox"/> Transparent film dressings (like OpSite) | <input type="checkbox"/> 4-6" elastic bandage |
| <input type="checkbox"/> Triangular bandages | <input type="checkbox"/> Medical face masks |

Additional Notes:
