MORE THAN JUST SURVIVING

/The Ultimate First Aid Supplies Checklist

/ Medicine

1. Specialized Medicine
   [ ] Insulin & Metformin
   [ ] Beta Agonists (like Ventolin)
   [ ] Antihistamines (like Loratadine)
   [ ] Doxylamine Succinate
   [ ] Phenylephrine
   [ ] Epinephrine Pen
   [ ] AmoxFin
   [ ] Ammonia Inhalant
   [ ] Oral Rehydration Salts
   [ ] Penicillin

2. Topical Supplies
   [ ] Antiseptics
   [ ] Burn-Gel
   [ ] Hydrocortisone Cream
   [ ] Anti-Fungal (like Clotrimazole)
   [ ] Emollients (like E45 & Oilatum)
   [ ] Anti-Bacterial Soap
   [ ] Sunscreen
   [ ] Bug Spray
   [ ] Topical Decongestant & Analgesics

3. Gastronomic Medicine
   [ ] Calcium Carbonate
   [ ] Bismuth Subsalicylate
   [ ] Loperamide Hydrochloride

4. Pain & Inflammatory
   [ ] Ibuprofen
   [ ] Acetylsalicylic Acid
   [ ] Acetaminophen
   [ ] Naproxen
   [ ] Codeine

/Situation Specific Kits

5. Cuts, Wounds & General Trauma Kit
   [ ] Alcohol
   [ ] EMT Shears
   [ ] Gauze
   [ ] Super Glue
   [ ] Butterfly Strip Stitches
   [ ] Gauze Bandages
   [ ] Gauze Clips
   [ ] Plasters/Bandages
   [ ] Hydrogen Peroxide
   [ ] QuikClot
   [ ] CPR Mask
   [ ] Asherman Chest Seal
   [ ] Hand Sanitizer
   [ ] Israeli Bandage
   [ ] Telfa Pad
   [ ] Duroapore Tape
   [ ] Transpore Tape
   [ ] Burn Dressing
   [ ] Hemostatic Bandages
   [ ] Duct Tape
   [ ] Tourniquet
   [ ] Oil Emulsion Dressing
   [ ] Eye Wash/Flush Solution
   [ ] Muslin Triangular Bandage

6. Diagnostic Kit
   [ ] Thermometer
   [ ] Stethoscope
   [ ] Auriscope
   [ ] Phygmomomanometer
   [ ] At-Home Diagnostic Kits
7. Fracture Kit
- SAM Splint
- Sling
- Orthopedic Cast Plaster
- Plaster Splints
- Cotton Undercast Padding

8. Dental Kit
- Instruction Book
- Oral Analgesic Gel
- Tooth Cement
- Hydrogen Peroxide
- Heat Activated Moldable Plastic Pellets
- Dental Extraction Forceps
- Dental Mirror
- Dental Picks
- Cheek Retractor

9. Surgical & Miscellaneous
- Surgical Stainless Steel Emesis Basins
- Eye & Skin Flush
- Obstetrical/Birthing Kit
- Scalpels & Dissection Kit
- Pure Cotton Towels
- Headlamp
- Tick Tweezers
- Heat & Cold Packs
- IV Kit
- Re-Usable Surgical Gowns
- Surgical Mask
- Surgical Gloves (Nitrile)
- Sutures
- Helping Hands Magnifying Glass
- Needles & Syringes
- Sterile Cotton Balls
- Cotton Swabs
- Surgical Rags
- Ear Syringe