

# MEDICAL/FIRST AID FIRST AID KIT, PORTABLE CHECKLIST

(Check with your doctor about proper use of these products.)

- Antiseptic cream or wipes
- Bandages, assorted
- Burn cream or aloe
- Case with tight seal to hold all items in the first aid/medical kit
- Eye wash (or water can be use) with dropper
- First aid book, basic
- Gauze pads and gauze roll
- Gloves, vinyl
- Hydrocortisone cream (for itch or sting)
- Medications (aspirin, acetaminophen, non-aspirin, ibuprofen, diarrhea, anti-diarrhea)
- Scissors
- Signal mirror
- Swabs, cotton
- Tape, first aid
- Thermometer
- Tweezers
- Water purification tablets
- Whistle

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