

Home First Aid Kit Supply List

1. Band-aids, various sizes/shapes, waterproof
2. Bacitracin with zinc
3. Betadine Liquid
4. Pain Reliever (e.g. acetaminophen or ibuprofen)
5. Foam or Felt Adhesive Donuts, various sizes (e.g. Dr. Scholl's)
6. 12" Square of Adhesive Foam or Felt, ¼" thick
7. Tape underwrap (also called "pre-wrap")
8. 2" elastic athletic tape (e.g. conform)
9. Insect Sting/Bite Wipes
10. Fine Point Tweezers
11. Gauze Pads (3" square)
12. Vaseline
13. CPR mask
14. Disposable Latex or Nitrile Gloves
15. Eye Wash
16. Instant Cold Pack
17. Tongue Depressors
18. Small Scissors
19. Thermometer
20. Plastic Bags Various Sizes (zipper bags are great)

This is a suggested list of supplies. You may have first aid items you would like to include or need to include to meet a specific medical need (e.g. epi-pen for bee sting allergies). You may wish to build your own kit or you can purchase ready-made kits at many stores or from a catalog.

Remember to re-stock any items you use, so that your kit has what you need.