

DIY FIRST AID KIT CHECKLIST

50friendly.com

BANDAGES

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<input type="checkbox"/>	25 min. Band-Aids of Various Sizes
<input type="checkbox"/>	3x3 and 4x4 Gauze Pads (5 each)
<input type="checkbox"/>	Adhesive Tape
<input type="checkbox"/>	3x3 and 4x4 Sterile Dressings (5 each)
<input type="checkbox"/>	3" and 4" Roller Bandages (1 each)
<input type="checkbox"/>	Triangular Bandages
<input type="checkbox"/>	Adhesive Dressings of Various Sizes

TOOLS

TOOLS TO HAVE ON HAND

<input type="checkbox"/>	Small Scissors
<input type="checkbox"/>	Cotton Balls and Swabs
<input type="checkbox"/>	Thermometer
<input type="checkbox"/>	Tweezers
<input type="checkbox"/>	Sewing Needle
<input type="checkbox"/>	Nitrile Exam Gloves
<input type="checkbox"/>	CPR Breathing Mask

OTC MEDICATION

MEDICATION AND PRODUCTS

<input type="checkbox"/>	Sanitizing Liquids (Hydrogen Peroxide, Hand Sanitizer)
<input type="checkbox"/>	Antibiotic Ointment
<input type="checkbox"/>	Bee Sting Kit
<input type="checkbox"/>	Insect Repellent
<input type="checkbox"/>	Sterile Saline
<input type="checkbox"/>	Lotions, OTC Medicine, any Prescribed Medication

USEFUL TOOLS

NON-ESSENTIAL BUT USEFUL ADDITIONAL TOOLS

<input type="checkbox"/>	Eye Protection
<input type="checkbox"/>	Aluminum Finger Splint
<input type="checkbox"/>	Small Roll Duct Tape
<input type="checkbox"/>	Petroleum Jelly
<input type="checkbox"/>	Safety Pins
<input type="checkbox"/>	Turkey Baster for Flushing Out Wounds