

This checklist gives basic recommendations for putting together a standard first aid kit.

Standard First Aid Kit

Supplies*

- Container (metal, wood, or plastic) with a fitted cover to store first aid kit
- First Aid Booklet (including CPR)
- Prescribed Medications
- Any critical medical family histories
- Adhesive
- Ammonia
- Bicarbonate of soda
- Calamine lotion (sunburn/insect bites)
- Diarrhea remedy
- Elastic bandages
- Gauze bandages
- Hot-water bottle
- Hydrogen peroxide
- Ipecac syrup (induces vomiting)
- Knife
- Matches
- Measuring cup
- Medicine dropper
- Needles
- Paper bags
- Razor blades
- Rubbing alcohol
- Safety pins
- Scissors
- Soap
- Thermometer
- Triangular bandages
- Tweezers
- Prescriptions
- Consecrated oil

Additional First Aid Kit

Supplies

- Immunization records
- Medications for children (if applicable)
- Fever reducing medications such as aspirin, acetaminophen, or ibuprofen
- Allergy medication
- Antibacterial wipes
- Antibiotic ointment
- Antiseptic wipes
- Band-aids
- Burn ointment/spray
- Cotton balls
- Cough syrup/cough drops
- Disposable blanket
- Eye drops/eye wash
- Feminine Hygiene
- Gloves
- Hand sanitizer
- Hot and cold instant packs
- Hydrocortisone cream
- Lip ointment (chap stick)
- Medical tape (waterproof & regular)
- Nail clippers
- Needle and thread
- Snake bite kit
- Sterile strips
- Sunscreen/lotion
- Tourniquet kit
- Vaseline
- Water purification tablets
- *doTERRA Oregano Oil

*** For more information on the doTERRA Essential Oils for antibiotic purposes call Chris Humpherys at 801-814-7615 or go online to www.mydoterra.com/chrishumpherys**