first aid kit checklist

- [ ] small adhesive-strip bandages
- [ ] large adhesive-strip bandages
- [ ] assorted sizes adhesive-strip bandages
- [ ] non-stick sterile gauze bandages
- [ ] sterile rolled/flexible bandage
- [ ] sterile gauze pads
- [ ] triangular bandages
- [ ] sterile bandage tape
- [ ] safety pins
- [ ] disposable latex gloves
- [ ] scissors
- [ ] tweezers
- [ ] eye wash/eye cup
- [ ] small splints
- [ ] antiseptic spray or lotion
- [ ] burn ointment
- [ ] aspirin/non-aspirin pain reliever
- [ ] anti-diarrhea medication
- [ ] calamine lotion or hydrocortisone cream
- [ ] small plastic cup
- [ ] thermometer
- [ ] hot water bottle
- [ ] gel cold pack or plastic bags for ice pack
- [ ] small paper bag for hyperventialtion
- [ ] emergency contact information with phone numbers
- [ ] cell phone or quarters for pay phones
- [ ] first-aid guide
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