

First Aid Kit Checklist

A well maintained first aid kit can prove useful in most first aid emergencies but can also enhance one's quality of life by providing a peace of mind knowing you have the supplies on stand-by.

Where to store your first aid kit:

- Home
- Car
- Community Center, Church, Temple
- On your person

Your first aid kit should include:

- Absorbent compress bandages
- Adhesive bandages (Band-Aids)
- Medical tape
- Antibiotic ointment
- Antiseptic wipes
- Aspirin
- Emergency space blanket
- Instant cold pack
- Nitrile gloves
- Gauze bandages
- Hemostatic gauze (QuickClot)
- Rolled gauze
- Triangular bandages
- Tweezers

Maintaining your first aid kit:

- Check the first aid kit regularly and replace used or expired items.
- Store your first aid kit in an accessible, but, cool and dry location.

Additional Resources:

- ["Must-Haves for Your First-Aid Kit" from Centers for Disease Control and Prevention](#)
- ["Make a First Aid Kit" from American Red Cross](#)