



# FIRST AID

## Checklist ✓

- THERMOMETER
- CALIBRATED SPOON OR SYRINGE FOR MEDS
- TWEEZERS TO REMOVE SPLINTERS
- SCISSORS TO CUT BANDAGES
- ADHESIVE TAPE & GAUZE IN VARIOUS SIZES
- ELASTIC WRAP BANDAGES
- ASSORTED BAND AIDS
- INSTANT COLD PACKS
- COTTON BALLS & COTTON TIP SWABS
- BENADRYL FOR ALLERGIC REACTIONS
- BENADRYL ITCH SPRAY FOR BITES
- ANTI-DIARRHEA MEDS, LAXATIVES, ANTACIDS
- COUGH & COLD MEDS
- ANTI-NAUSEA MEDS & REHYDRATION FLUIDS
- HYDROGEN PEROXIDE FOR CUTS & ANTIBACTERIAL CREAM
- SUNSCREEN & ALOE VERA
- EMERGENCY SPACE BLANKET & FLASHLIGHT W/ EXTRA BATTERIES