

First-Aid Kit Checklist

The Basics

- Tweezers
- Scissors
- Hand sanitizer
- Medications
 - Acetaminophen
 - Ibuprofen
 - Antihistamine
- Wound and Injury Care
 - Band-aids (different shapes and sizes, blister bandages)
 - Antiseptic wipes
 - Sterile gauze pads
 - Rolled gauze
 - Hemostatic gauze
 - Medical tape
 - Ace bandages
 - Tourniquet
- A compass
- A whistle

Optional Extras

- Balms and lotions for rashes, insect bites, dry/cracked skin, chapped lips
- Nail clippers and a file
- Eye drops
- Witch hazel