Cheatography

First-Aid Basic Care Kit Cheat Sheet

by [deleted] via cheatography.com/2754/cs/15274/

First-Aid Basic Care

- ☐ Antiseptic wipes (BZK-based wipes preferred; alcohol-based OK)
- ☐ Antibacterial ointment (e.g., bacitracin)
- ☐ Compound tincture of benzoin (bandage adhesive)
- ☐ Assorted adhesive bandages (fabric preferred)
- ☐ Butterfly bandages / adhesive wound-closure strips
- ☐ Gauze pads (various sizes)
- ☐ Nonstick sterile pads
- ☐ Medical adhesive tape (10 yd. roll, min. 1" width)
- ☐ Blister treatment
- ☐ Ibuprofen / other pain-relief medication
- ☐ Insect sting relief treatment
- ☐ Antihistamine to treat allergic reactions
- ☐ Splinter (fine-point) tweezers
- ☐ Safety pins
- ☐ First-aid manual or information cards

Wraps, Splints and Wound Coverings

- ☐ Elastic wrap
- ☐ Triangular cravat bandage
- ☐ Finger splint(s)
- ☐ SAM splint(s)
- ☐ Rolled gauze
- ☐ Rolled, stretch-to-conform bandages
- ☐ Hydrogel-based pads
- ☐ First-aid cleansing pads with topical anesthetic
- ☐ Hemostatic (blood-stopping) gauze
- ☐ Liquid bandage
- ☐ Oval eye pads

Medications/Treatments

- ☐ Aloe vera gel (sun exposure relief)
- ☐ Antifungal foot powder
- ☐ Antacid tablets
- ☐ Aspirin (primarily for response to a heart attack)
- ☐ Glucose or other sugar to treat hypoglycemia
- ☐ Hand sanitizer (BKZ- or alcohol-based)
- ☐ Insect sting relief treatment
- ☐ Injectable epinephrine to treat allergic reactions
- ☐ Lubricating eye drops
- ☐ Loperamide tablets (for diarrhea symptoms)
- ☐ Oral rehydration salts
- ☐ Poison ivy / poison oak treatment
- ☐ Prescription medications (e.g., antibiotics)
- ☐ Throat lozenges

First Aid Kit Contents



Tools and Supplies

- ☐ Knife (or multi-tool with knife)
- ☐ Paramedic shears (blunt-tip scissors)
- ☐ Safety razor blade (or scalpel w/ #15 or #12 blade)
- ☐ Cotton-tipped swabs
- ☐ Standard oral thermometer
- ☐ Low-reading (hypothermia) thermometer
- ☐ Irrigation syringe with 18-gauge catheter
- ☐ Magnifying glass
- ☐ Small mirror
- ☐ Medical / surgical gloves (nitrile preferred; avoid latex)
- ☐ CPR mask
- ☐ Steel sewing needle with heavy-duty thread
- ☐ Needle-nose pliers with wire cutter
- ☐ Duct tape (small roll)
- ☐ Small notepad with waterproof pencil or pen
- ☐ Medical waste bag (plus box for sharp items)
- ☐ Waterproof container to hold supplies and meds
- ☐ Emergency heat-reflecting blanket
- ☐ Headlamp (preferred) or flashlight
- ☐ Whistle (pealess preferred)
- ☐ Personal locator beacon
- ☐ Satellite messenger

Personal Care, Other Items

- ☐ Sunscreen
- ☐ Lip balm
- ☐ Insect repellent (plus headnet, if needed)
- ☐ Hand sanitizer
- ☐ Biodegradable soap
- ☐ Water-treatment chemicals
- ☐ Collapsible water sink or basin

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