






















# First Aid Kit












## Stage 1 – Essentials Pouch

Personal (IFAK)

Item	Priority
<input type="checkbox"/> Wipes: Alcohol (6)	
<input type="checkbox"/> Wipes: Sting Relief (3)	
<input type="checkbox"/> Cream: Antibiotic Ointment (3)	
<input type="checkbox"/> Cream: Burns (3)	
<input type="checkbox"/> Cream: Sun Screen (3)	
<input type="checkbox"/> Insect Repellent (3)	
<input type="checkbox"/> Tabs: Antacid (8)	
<input type="checkbox"/> Tabs: Tylenol (8)	
<input type="checkbox"/> Tabs: Aspirin (8)	
<input type="checkbox"/> Tabs: Pepto-Bismol (8)	
<input type="checkbox"/> Tabs: Allergy (8)	
<input type="checkbox"/> Tabs: Water Purification (8)	
<input type="checkbox"/> Disposable Gloves (2)	
<input type="checkbox"/> Adhesive Bandages (var) (10)	
<input type="checkbox"/> Butterfly Bandages (4)	
<input type="checkbox"/> Compressed Gauze (1 pkg)	
<input type="checkbox"/> Wound Dressings (2)	
<input type="checkbox"/> Silk Tape (1 sm roll)	
<input type="checkbox"/> Bleed Stop (1 pkg)*	
<input type="checkbox"/> Pressure Bandage (1)*	
<input type="checkbox"/> Tourniquet (1)*	

## Stage 2 – Go Bag First Aid Kit

Personal (IFAK)

Item	Priority
<input type="checkbox"/> Adhesive Roll (2"x5 yds)	
<input type="checkbox"/> Trauma Shears	
<input type="checkbox"/> Tabs: Ibuprofen	
<input type="checkbox"/> Tabs: Imodium	
<input type="checkbox"/> Chest Seals (1 Pair)	
<input type="checkbox"/> Tweezers	
<input type="checkbox"/> Irrigation Syringe	
<input type="checkbox"/> Vaseline (sm)	
<input type="checkbox"/> Moleskin	
<input type="checkbox"/> Rolled Gauze (4.5" x 4yds)	
<input type="checkbox"/> Gauze Pads (4"x4") (6x)	
<input type="checkbox"/> Triangle Bandage	
<input type="checkbox"/> Butterfly Bandages	
<input type="checkbox"/> Safety Pins	
<input type="checkbox"/> Ace Bandage	
<input type="checkbox"/> Aluminum Splint (36")	
<input type="checkbox"/> First Aid Reference Guide	
<input type="checkbox"/> Saline Eye Drops	
<input type="checkbox"/> Abdominal Pad	
<input type="checkbox"/> Miconazole (yeast infection)	
<input type="checkbox"/> Bactrim Antibiotics	

## Stage 3 – Home First Aid/Trauma Kit

Home/Family/Community

Item	Priority
<input type="checkbox"/> Trauma Pads (4)	
<input type="checkbox"/> ABD Pads (4)	
<input type="checkbox"/> Gauze Pads 4x4 (4)	
<input type="checkbox"/> Gauze Rolls	
<input type="checkbox"/> Assorted Adhesive Bandages	
<input type="checkbox"/> Alcohol Pads	
<input type="checkbox"/> Disposable Gloves	
<input type="checkbox"/> Coban Roles	
<input type="checkbox"/> Athletic Tape	
<input type="checkbox"/> Silk Tape	
<input type="checkbox"/> Ace Bandages	
<input type="checkbox"/> Triangle Bandages	
<input type="checkbox"/> Burn Dressing	
<input type="checkbox"/> Burn Spray	
<input type="checkbox"/> Antiseptic Spray	
<input type="checkbox"/> Aluminum Splint	
<input type="checkbox"/> Pressure Cuff	
<input type="checkbox"/> Trauma Dressing	
<input type="checkbox"/> Surgical Sponges	
<input type="checkbox"/> Airways	
<input type="checkbox"/> CPR Mask	
<input type="checkbox"/> Neck Brace (optional)	