



FIRST AID KIT CHECKLIST

DISCLAIMER: THIS IS NOT MEDICAL ADVICE. THIS IS FOR INFORMATION PURPOSES ONLY.
Consult your doctor and seek appropriate training before providing first aid or medical care to anybody, including yourself. Everything you do is at your own risk.

Basic First Aid Kit Recommendations

Assuming you don't already have a quality first aid kit, these commercial ready-made kits will get you started and can serve as starting points for building out kits that better suit your specific needs. Good options include (but are not limited to):

Personal First Aid Kit:

- Adventure Medical Kits
 - [Ultralight & Watertight](#)
 - [Adventure First Aid](#)
 - [Smart Travel](#)
- Chinook Medical [Minimalist Kit](#)
- ITS [Boo Boo Kit](#) and/or [Boo Boo Kit Plus](#)

Advanced First Aid Kit:

- Adventure Medical Kits
 - [Family First Aid](#)
 - Mountain Series [Weekender](#) or [Fundamentals](#)
 - [World Travel](#)
- Chinook Medical
 - [Traveler](#)
 - [Adventurer](#)
 - [Emergency First Aid Kit \(EFAK\)](#)
 - [Home & Vehicle](#) (or [H&V Plus](#))

Trauma Kit:

- ITS Tactical [ETA Trauma Kit](#) (missing a tourniquet)
- Chinook Medical
 - [Covert Trauma Pouch](#)
 - [IFAK](#)
 - [Individual Operator Kit](#)
- Dark Angel Medical [D.A.R.K. Trauma Kit](#)
- Tactical Medical Solutions
 - [Adaptive First Aid Kit](#)
 - [LAPD Kit](#) (missing decompression needle)
 - [Operator IFAK](#) (missing chest seal and decompression needle)

PURCHASE A KIT. FAMILIARIZE YOURSELF WITH IT. GET TRAINING. BE READY TO SAVE A LIFE.

The above were selected as the best of the breed commercial kits, but they can always be better. You can add hemostatic dressings, additional medications, or survival items like a space blanket, fire starter, or multitool to increase your survivability without packing too many extras.

USE THESE AS A STARTING PLACE TO MAKE THE PERFECT KIT(S) FOR YOU.



FIRST AID KIT CHECKLIST

Build Your Own First Aid Kit

Most people – if they have a first aid kit at all – will purchase a commercial kit, or often just Band-Aids, Neosporin, and other miscellaneous items as they need them. These will be stashed somewhere at home, and they'll have to dig around to see what they have whenever they need them.

You can do better.

Building your own kits allows you to customize what is included in the various first aid kits you should have, as well as allowing you to control the quality and quantity of what you include.

As a bonus, when stocking up to build your own kits, you'll often buy at least some (if not most) supplies in enough quantity that you can make multiple kits to keep at home, in your vehicle, in your pack, at the office, and maybe even give to your significant other, kids, friends, etc.

To get started, you need something to house your kit:

- Purchase a commercial kit, then customize it to better fit your needs
- Get an empty first aid kit bag ([small](#), [medium](#), [large](#)), then stock it up
- Buy high quality waterproof bags to use as the kit container, then stock them with supplies
 - [Magpul Daka Pouches](#)
 - [aLOKSAK bags](#)
 - [Resealable vacuum storage bags](#) (especially if you already have a [FoodSaver](#) or similar vacuum storage system; these are a great option for trauma kits or parts of your kit that you don't expect to use very often – vacuum seal it to save space)
- Even the Ziploc bags you already have in your kitchen will do in a pinch

With the primary container taken care of, you also need to keep things organized. You don't want to dig through twenty band-aids or a dozen odd pills to get to what you need.

- Snag assorted sizes of small Ziploc bags to store bandages, medications, and other small items. [2"x3"](#), and [3" x 4"](#) should do the trick (these come in packs of 100 for about \$5/pack, so you can purchase once and probably never have to buy these again).
- Depending on how big your kit is and how you want it organized, you could segment its components in larger [5" x 7", 6" x 9"] bags inside the main kit. This segmentation is what you'll find in most higher end kits like Chinook and some of the AMK's, but it probably won't be necessary for a small personal kit.

With packaging taken care of, on the next pages you will find recommended contents lists for all the kits you'll need, as well as specialized additions for different environments or specializations.

If the kit(s) you purchase do not have the supplies below (or very similar), consider getting the appropriate supplies to get them up to spec.



FIRST AID KIT CHECKLIST

Personal First Aid Kit

These are the basics.

At the very least, you should have these at home, in your vehicle, and in your pack if you're outdoors.

- [10+ assorted adhesive bandages](#)
 - Fabric preferred. If your store-bought kit comes with plastic bandages, throw them out and purchase fabric Band-Aids.
- [2 small gauze pads](#) (2" x 2" or 3" x 3")
- Wound closure strips ([butterfly bandages](#), [3M Steri-Strips](#), or similar)
- [Triangle bandage](#)
 - 2+ Safety pins (if not included with triangle bandage)
- [Moleskin](#) 2"x4" strip, or pre-cut (blister treatment)
- Burn cream ([GlacierGel](#), [BurnJel](#), or similar)
- [2+ Antiseptic wipes](#)
- [Medical tape](#) (½" or 1")
- Antibacterial ointment ([single use packets](#) or tube of [Neosporin](#) or [bacitracin](#) if you use it regularly)
- [Povidone Iodine](#)
- [Alcohol swabs](#)
- Sting relief ([wipes](#) or [tube](#))
- Acetaminophen ([Tylenol](#); pain and fever only)
- Ibuprofen ([Motrin](#), [Advil](#); pain, fever, inflammation)
- [Aspirin](#) (heart attack)
- Diphenhydramine ([Benadryl](#), oral antihistamine, for allergic reactions)
- Loperamide ([Imodium](#); for diarrhea symptoms)

Optional, but highly recommended:

- Hemorrhage control ([QuikClot](#); [Israeli](#), [Olaes](#), [ETD](#), or similar modern trauma bandage; or [5"x9" trauma pad](#))
- [CPR barrier](#)
- [2 large gauze pads](#) (4" x 4")
- 1 pair of [nitrile gloves](#) (non-latex)
- [Scissors](#) (or small multitool like Leatherman [Micra](#), [Squirt](#), or [Style](#))
- [Tweezers](#)
 - The scissors and tweezers that come with many commercial kits suck; check them and replace with quality if necessary
- [First-aid manual](#), [information cards](#), or the [Red Cross Adult First Aid/CPR/AED guide](#)
- Cyanoacrylate adhesive (see the Medical "Super Glue" section on page 9)



FIRST AID KIT CHECKLIST

Advanced First Aid Kit

A more comprehensive “basic first aid kit.” This includes more of the basics, plus additional tools and medications so you can deal with more problems.

- [25+ assorted adhesive bandages](#)
 - Fabric preferred; if your kit has plastic bandages, throw them out and purchase fabric Band-Aids
- [2+ small gauze pads](#) (2" x 2" or 3" x 3")
- [2+ large gauze pads](#) (4" x 4")
- 2+ non-adherent dressings ([2" x 3"](#) and [3" x 4"](#))
- [Conforming gauze roll bandage](#) (2" or 3")
- 2+ Hemorrhage control ([QuikClot](#); [Israeli](#), [Olaes](#), [ETD](#), or similar modern trauma bandage; or [5"x9" trauma pad](#))
- Wound closure strips ([butterfly bandages](#), [3M Steri-Strips](#), or similar)
- [Triangle bandage](#)
 - 2+ Safety pins (if not included with triangle bandage)
- [Elastic bandage with velcro](#) ("Ace" wrap, 2" - 4")
- [Moleskin](#) 2"x4" strip, or pre-cut (blister treatment)
- Burn cream ([GlacierGel](#), [BurnJel](#), or similar)
- Bandage adhesive ([Skin-Tac wipes](#) or [benzoin swabsticks](#))
- [2+ Antiseptic wipes](#)
- [Medical tape](#) (½" or 1")
- Antibacterial ointment ([single use packets](#) or tube of [Neosporin](#) or [bacitracin](#) if you use it regularly)
- [Povidone iodine](#)
- [Alcohol swabs](#)
- Sting relief ([wipes](#) or [tube](#))
- Acetaminophen ([Tylenol](#); pain and fever only)
- Ibuprofen ([Motrin](#), [Advil](#); pain, fever, inflammation)
- [Aspirin](#) (heart attack)
- Diphenhydramine ([Benadryl](#), oral antihistamine, for allergic reactions)
- Loperamide ([Imodium](#); for diarrhea symptoms)
- 1 pair of [nitrile gloves](#) (non-latex)
- [CPR barrier](#) or [mask](#)
- [Irrigation syringe](#)
- [Cotton tip applicators](#) (can substitute Q-tips)
- [Scissors](#) (or small multitool like Leatherman [Micra](#), [Squirt](#), or [Style](#))
- [Tweezers](#)
- [First-aid manual](#) or [information cards](#)

Optional:

- [Instant Cold Pack](#)
- [SAM splint](#)
- [Finger splint](#)
- [Oval eye pads](#)
- [Thermometer](#)
- Pen, pencil, [marker](#), etc.
- [Duct Tape](#) (small roll for outdoor/emergency use, or make your own compact tape roll)
- Cyanoacrylate adhesive (see the Medical “Super Glue” section on page 9)
- Naproxen ([Aleve](#); pain, fever, inflammation)
- Pseudoephedrine (Sudafed; decongestant - get the OTC version from a pharmacy, not Sudafed PE)
- Motion sickness meds ([dimenhydrinate](#), [meclizine hydrochloride](#), scopolamine, or [wrist bands](#))
- Bismuth subsalicylate ([Pepto Bismol](#); stomach, diarrhea)
- Benzocaine ([Cepacol](#); for sore throat / [Orajel](#); for oral pain)



FIRST AID KIT CHECKLIST

Trauma Kit

These types of kits are designed to deal with the three killers on the battlefield, terrorist attack, or active shooter event: **extremity hemorrhage, tension pneumothorax, and obstructed airway.**

They are alternatively referred to as blow-out kits or by their military nomenclature: IFAK (Individual First Aid Kit).

This can be integrated into your regular first aid kit, but are better kept as a standalone option: **when you need it, you need it immediately and don't want to fumble through other supplies to access what you need.**

- Hemostatic dressing ([QuickClot Combat Gauze](#), [Celox Trauma Gauze](#), or [HemCon ChitoGauze](#))
- Chest seal ([HALO standard](#), Halo vented, or [HyFin](#))
- Decompression needle (14 gauge, 3.25"; [MojoDart](#) or [ARS](#))
- [Nasopharyngeal Airway](#) (NPA, adjustable flange, 28fr, with lube)
- 4" [Israeli](#), [Olaes](#), [ETD](#), or similar modern trauma bandage
- [Z-fold dressing](#)
- Additional bandage (conforming gauze, elastic bandage, cravat, or similar)
- [Nitrile gloves](#) (not "tactical black;" blood doesn't show up well on black gloves)
- [Combat Casualty Card](#) (more applicable to military scenarios, but could be useful in a civilian setting)
- Writing device ([Sharpie](#), pencil, pen, etc.)
- Trauma shears ([regular](#) is fine, [compact](#) might be better to save space and weight)

Kits of this type will include most, if not all of the above.

If it does not include at least one of the tourniquets below, get one and add it to the kit.

- [CAT](#) (Combat Application Tourniquet)
- [SOFTT-W](#) (SOF Tactical Tourniquet - Wide)

The CAT and SOFTT-W are the standards against which all other field use tourniquets are judged. Pick one, buy three (pack, vehicle, home), and rest easy knowing that if the worst does come, you are as prepared as you can be.

NOTE: The [SWAT-T](#) (Stretch Wrap And Tuck Tourniquet) is an option if space and weight considerations mean the difference between carrying the SWAT-T or no tourniquet at all. It is a poor substitute for the CAT or SOFTT-W, but it is superior to most field-expedient tourniquets and infinitely better than having nothing at all.



FIRST AID KIT CHECKLIST

Environmental/Situational Items

Add some or all of the below specialized items to your kits to increase your survivability and comfort in the environments or sports you choose to pursue.

Outdoors

- Sting relief ([wipes](#) or [tube](#))
- [Insect repellent](#)
- [SAM splint](#) (especially if you engage in “vertical” pursuits where falls are likely: rock climbing, skiing, mountaineering, etc.)

If you do not keep a dedicated survival kit with you, add some basic survival supplies to your outdoor first aid kit(s):

- Compass ([button compass](#), or [flat compact compass](#))
- [Whistle](#)
- Reflective/high visibility [survival blanket](#) or [bivvy](#)
- Fire (Bic lighters, [matches](#), [BlastMatch](#), [tinder](#), etc.)
- [Duct tape](#)
- Water purification ([tablets](#), [filter](#), or both)

Marine

- [CPR barrier](#) or [mask](#) (you don't want to get vomit in your mouth performing rescue breathing)
- Motion sickness medication (include multiple options; people react to them differently)
 - [Dimenhydrinate](#) (Dramamine)
 - [Meclizine Hydrochloride](#) (Bonine, Dramamine Less Drowsy)
 - [Scopolamine](#) (Transderm Scop; prescription only)
 - [Wrist bands](#)
- Sting relief ([wipes](#) or [tube](#))
- [Insect repellent](#)
- [Sunblock](#) (don't slather or spray yourself with toxic crap: [EWG's Guide to Sunscreens](#))
- [Aloe vera](#)
- [SAM Splint](#), [elastic wrap](#), and [triangular bandage](#) (on a moving boat, falls happen; be prepared)

If you own a boat or spend enough time on other's boats, make sure it is properly equipped with at least basic marine survival items:

Inshore (lakes, rivers):

- Water (if your boat doesn't have a watermaker; don't go out with a bunch of alcohol but no water)
- Life jacket/PFD
 - Pick an appropriate PFD; [sailboat racing](#), [SUP](#), [kayaking](#), [fishing](#), etc. have different needs
 - [Whistle](#) (tied to life jacket)
 - [Signal mirror](#) (tied to life jacket)
 - [Water-activated strobe light](#) (attached to life jacket)

- [Marine radio](#) (a necessity on the water that many people overlook)

Offshore (include all the inshore basics, plus any desired additions below):

- [Compass](#) (if your boat is not already equipped with one)
- [Flare gun with flares](#)
- [Desalinator](#) (don't be stuck at sea with water all around you that you can't drink)
- [EPIRB](#), [PLB](#), or [satellite messenger](#)



FIRST AID KIT CHECKLIST

Cold

- Reflective/high visibility [survival blanket](#) or [bivvy](#)
- Chemical hand warmers ([regular](#), [super size](#))
- [Ready-Heat heated blanket](#)
- [Hypothermia \(low-reading\) thermometer](#)

Heat

- Water
- [Rehydration salts](#)
- [Instant cold pack](#)

Diving

- Emergency Oxygen (if you are a scuba diver and not already trained in oxygen use and administration, get trained):
 - “Professional” option: [DAN](#) or [Dive 1st Aid](#) oxygen kit
 - “Cave diver/Tech diver” option: Oxygen bottle with stage regulator
 - [DIN to pin-index oxygen adapter](#) to use stage bottles with medical O2 regulators
- [Surface Marker Buoy \(SMB\)](#)
 - [Spool to deploy SMB](#)
- [Nautilus LifeLine GPS](#) (could be a lifesaver for open ocean diving)
- See the “Marine” section above for salt water and/or boat diving

Fighting/Martial Arts

- [Elastic “Ace” wrap](#)
- [Cold packs](#)
- [Heat packs](#)
- Arnica (muscle relaxer; you can use [oral](#), [topical](#), or both)
- Pain reliever ([ibuprofen](#) or [naproxen](#))

Skiing/Mountaineering

- See the Outdoors and Cold environment sections for basic needs

A basic first aid kit with outdoors and cold weather basics are all you really need for resort skiing. For backcountry skiing, mountaineering, or other winter mountain pursuits, any or all of the gear below may be necessary.

- [Avalanche transceiver](#)
- [Avalanche probe](#)
- [Avalanche shovel](#)
- Sport-specific rescue tools as necessary (harness, rope, belay devices, carabiners, ice axes, etc.)
 - Multi-tool and/or equipment specific repair tools
- [Personal Locator Beacon \(PLB\)](#), [satellite messenger](#), etc.

Note: With the proliferation of PLB’s and satellite messengers, many people get complacent in their ability to be rescued from a bad situation. They put themselves in situations that are beyond their skill level because they believe that somebody can come save them.

DO NOT rely on a PLB or satellite messenger to get you out of a bad situation that you are not prepared for. Get appropriate experience and training (especially in first aid and self-rescue) for the endeavor you are pursuing. Technology is not a replacement for appropriate training, progression, and experience.



FIRST AID KIT CHECKLIST

Complete Medical Supply List

Use the lists below to figure out any additional items you may need or want to stock in any of your kits.

For those with some basic training and/or any specific need (kids, elderly relatives, chronic illness, etc.), you could easily have enough equipment and medication on hand at home to take care of the vast majority of illness and injuries that would send the unprepared to the emergency room.

Take a look, pick up what you need, and be prepared.

Airway/Chest

- ❑ CPR Mask
 - ❑ [Face Shield](#) (for small first aid kit)
 - ❑ [Pocket Mask](#) (for home/professional/vehicle kit)
 - ❑ [Pocket BVM \(Bag Valve Mask\)](#) or [Bag Valve Mask](#) (especially if there is a greater than average risk of drowning, respiratory failure, or heart attack; make sure to get [children's](#) or [infant's](#) sizes if applicable)
- ❑ [Nasopharyngeal airway](#) (NPA, adjustable flange, 28fr, with lube)
- ❑ [Oral airway set](#)
- ❑ Chest seal ([HALO standard](#), Halo vented, or [HyFin](#))
- ❑ Decompression needle (14 gauge, 3.25"; [MojoDart](#) or [ARS](#))

Bleeding

- ❑ Tourniquet ([CAT](#) or [SOFTT-W](#); [SWAT-T](#) only if very limited in space or weight)
- ❑ Hemostatic (blood-stopping) gauze
 - ❑ For a trauma kit, use Z-fold gauze like ([QuickClot Combat Gauze](#), [CeloX Trauma Gauze](#), or [HemCon ChitoGauze](#))
 - ❑ For basic first aid kits, [QuikClot 25g or 50g sponges](#) are good
- ❑ Modern trauma bandage ([Israeli](#), [Olaes](#), [ETD](#))

Immobilization/Fracture/Sprain

- ❑ [Elastic bandage with velcro](#) ("Ace" wrap," 2" - 4")
- ❑ [Triangular cravat bandage](#)
 - ❑ with [safety pins](#), if not included
- ❑ Finger splint(s) ([flat SAM splint](#) for mobile kits; [fold over](#), [gutter](#), or [oval-8](#) for home use)
- ❑ [SAM splint\(s\)](#)
- ❑ [Gauze rolls](#)
- ❑ [Cervical Collar](#)



FIRST AID KIT CHECKLIST

Bandage/Blister/Burn

- [Adhesive bandages](#) (Band-Aids; fabric is far superior to plastic; if your kit comes with the cheap versions, replace with quality as necessary)
- Assorted sized of regular adhesive bandages
- Knuckle and fingertip bandages
- [Large gauze pads](#) (4" x 4")
- [Small gauze pads](#) (2" x 2" or 3" x 3")
- [Non-adherent dressing](#)
- [Trauma Pad \(5" x 9"\)](#)
- [Burn dressing](#)
- [Gauze roll](#)
- Wound-closure strips ([butterfly bandages](#), [3M Steri-Strips](#), or similar)
- Medical "super-glue:"
 - 2-octyl cyanoacrylate ([Derma+flex® QS](#), [SurgiSeal](#), FloraSeal, [Dermabond](#))
 - Veterinary equivalent: [Surgi-Lock](#), Nexaband
 - n-butyl cyanoacrylate ([LiquiBand](#), [Histoacryl](#), Indermil, [GluStitch](#), GluShield, Periacryl)
 - Veterinary equivalent: VetGlu, [Vetbond](#), [LiquiVet](#), [Medbond](#)
 - Combination cyanoacrylate glues
 - Veterinary equivalent: [GLUture](#) (60% 2-octyl / 40% n-butyl cyanoacrylate)
- **NOTE:** Industrial cyanoacrylate glues ([Super Glue](#), [Krazy Glue](#), [Loctite](#), [Gorilla Glue](#), etc.) are recommended in certain circles for wound closure. These can work, but are not without their drawbacks: the curing process may cause burns from the heat produced, and it releases cyanoacetate and formaldehyde which irritate the eyes, lungs, nose, and throat. **Use these at your own risk.**
- [Oval eye pads](#)
- [Medical adhesive tape](#)
- Bandage adhesive ([Skin-Tac wipes](#) or [compound tincture of benzoin swabsticks](#))
- [Antiseptic wipes](#) (BZK-based wipes preferred; alcohol-based OK)
- Antibacterial ointment ([single use packets](#); tube of [Neosporin](#) or [bacitracin](#) if you use it regularly)
- Povidone Iodine ([liquid](#), [swabs](#), [swabsticks](#); depending on use and location)
- [Alcohol prep pads](#)
- [Cotton tipped applicators](#) (Q-tips work in a pinch)
- Blister treatment ([Moleskin](#), [2nd Skin](#), or [other blister treatment](#) as desired)
- Burn cream ([GlacierGel](#), [BurnJel](#), or similar)

Personal Protection

- [Medical/surgical gloves](#)
 - Avoid latex for risk of allergic reactions; nitrile gloves are the way to go.
 - No black gloves; blood doesn't show up well on them (you DO want to be able to see blood on the gloves).
- [N95 masks](#)
- [Medical waste bag](#)
- [Sharps container](#) if you use needles or blades
- Hand sanitizer ([large](#) for home use; [small](#) for kits or vehicle use)



FIRST AID KIT CHECKLIST

Medications/Treatments

- [Aspirin](#) (primarily for response to a heart attack; NOT for children under 18)
- Ibuprofen ([Motrin](#), [Advil](#); pain, fever, inflammation)
- Acetaminophen ([Tylenol](#); pain and fever only)
- Naproxen ([Aleve](#); pain, fever, inflammation)
- Diphenhydramine ([Benadryl](#), oral antihistamine, for allergic reactions)
- Loratadine ([Claritin](#); oral antihistamine)
- Pseudoephedrine (Sudafed; decongestant - get the OTC version from a pharmacy, not Sudafed PE)
- Bismuth subsalicylate ([Pepto Bismol](#); stomach, diarrhea)
- Loperamide ([Imodium](#); for diarrhea symptoms)
- Motion sickness medication (include multiple options; people react to them differently)
 - Dimenhydrinate ([Dramamine](#))
 - Meclizine hydrochloride (Bonine, [Dramamine Less Drowsy](#))
 - Scopolamine (Transderm Scop; prescription only)
 - [Wrist bands](#) (these work better than drugs for many people)
- Laxative (laxatives efficiency may vary between people and causes)
 - Psyllium husk ([Metamucil](#))
 - Bisacodyl ([Dulcolax](#))
 - Docusate sodium ([Colace](#))
 - Sennosides ([Ex-Lax](#), [Senokot](#))
- Benzocaine ([Cepacol](#); for sore throat / [Orajel](#); for oral pain)
- [Antacid tablets](#)
- Hydrocortisone cream ([Cortizone-10](#); inflammation, itching, rash, skin irritation)
- Calamine lotion ([Caladryl](#); itch relief, poison ivy/oak/sumac)
- Lidocaine ([After Cuts & Scrapes spray](#); Water-Jel [burn jel](#), [spray](#), or [wipes](#); other options available)
- [Aloe vera gel](#) (sun exposure relief)
- Insect sting relief treatment ([wipes](#) or [tube](#))
- [Activated charcoal](#) (poisoning)
- [Eye wash](#)
- [Lubricating eye drops](#)
- Glucose ([gel](#) or [powder](#)) or other sugar to treat hypoglycemia
- [Oral rehydration salts](#)
- [Antifungal foot powder](#)
- [EpiPen](#) to treat allergic reactions
- [Potassium Iodide](#) (KI; for radiation exposure)
- Prescription medications (e.g. antibiotics, antidepressants, antiparasitics, antipsychotics, asthma, blood pressure, blood thinner, cholesterol, diabetes, narcotic/opioids, sleep aids, thyroid, etc.)
 - If you have prescription medications, keep them in the proper containers with prescription information, especially if travelling internationally or through security checkpoints.
 - If planning for expedition and/or extended travel in areas with limited medical care, talk to your doctor about getting prescriptions for antibiotics, antiparasitics, heavy duty pain medications, altitude medications, or other supplies that may be necessary.
 - Get vaccinated and keep them up to date. Make sure the basics are up to date: TDAP (tetanus, diphtheria, and pertussis), MMR (measles, mumps, rubella), and chickenpox. For many, adding meningococcal, pneumococcal, hepatitis A and B, and H1B vaccines is a good idea. If you plan on traveling to exotic locations, get any recommended vaccines for that area: smallpox, typhoid, and yellow fever are common vaccines that most adults in 1st world nations never received.



FIRST AID KIT CHECKLIST

Instruments/Supplies/Tools

- Knife (or multi-tool with knife)
 - Don't go crazy with overly large, expensive, or gimmicky knives. Simple knives are best and there are excellent choices from \$10 up. [Cold Steel](#), [ESEE](#), Fallkniven ([F1](#) or [S1](#)), [Morakniv](#), [Ontario](#), and others make excellent choices to suit your sensibilities and budget.
- [Needle-nose pliers with wire cutter](#) (or multi-tool with pliers and wire cutter)
- Trauma shears ([regular](#) or [compact](#))
- [Fingernail clippers](#)
- [Scalpel](#) or razor blade(s)
- [Safety pins](#)
- [Tweezers](#) (splinters, stingers, ticks)
- Thermometer
 - [Oral](#)
 - [Ear/Forehead](#)
 - [Hypothermia \(low-reading\) thermometer](#) (if you spend time outside in the winter, engage in winter sports, live where it's cold, etc.)
- [Irrigation syringe](#) (10-20cc)
- [Magnifying glass](#)
- [Small mirror](#) (the survival/signal mirror is a good multi-use choice)
- [Duct tape](#) (small rolls for outdoor use, or make your own)
- [Small notepad](#) with waterproof [pencil](#) or [pen](#)
- [Headlamp](#)
- Blood Pressure Monitor
 - Manual:
 - [Sphygmomanometer](#) (Blood Pressure Cuff)
 - [Stethoscope](#)
 - Automatic ([Omron](#) for general use, [Philips](#) or [iHealth](#) if used as part of their health tracking suites)
- [Stethoscope](#) (if you opted for an automatic blood pressure monitor without a stethoscope)
- [Pulse Oximeter](#) (if needed for respiratory monitoring/care, or for personal performance monitoring)
- [Otoscope](#) (ear/nose/throat scope/illuminator, especially if you have kids who put things places they shouldn't be)
- [Automatic External Defibrillator](#) (AED; especially if you have elderly friends/relatives, family history of cardiac disease, etc.)
- Oxygen
 - Tailor this to your uses: if you're a scuba diver or active in watersports, then a kit from [DAN](#), [Dive 1st Aid](#), or even just an extra O2 stage with regulator is what you should use; if you, friends, or family members have a medical condition that requires supplemental oxygen, make sure you have the correct cylinders, regulators, and accessories for their needs.



FIRST AID KIT CHECKLIST

Optional/Specialty

- Asthma inhaler
- Diabetic Supplies (if you, your family, or close friends have diabetes)
 - Blood glucometer ([Precision Xtra](#) or [NovaMax](#) will test for glucose and blood ketones)
 - Glucose blood test strips ([Precision](#), [NovaMax](#))
 - Ketone blood test strips ([Precision](#), [NovaMax](#))
 - [Lancets](#) and [lancing device](#)
 - Insulin syringes/needles
 - [Alcohol swabs](#)
 - Insulin
- Emergency Dental Kit (build your own, or purchase from [AMK](#) or [Chinook](#))
 - [Dentemp](#)
 - Benzocaine ([Orajel](#); oral pain relief)
 - Eugenol/[clove oil](#)
 - [Cotton pellets](#)
 - [Cotton rolls](#)
 - [Dental mirror](#) (or a [set with a mirror and angled tweezers](#); use caution using any other dental tools)
 - [Floss](#)
 - Toothpicks
- Suture kit (build your own, or purchase a kit from [Chinook](#) or [AMK](#))
 - [Irrigation syringe](#)
 - 18 ga catheter tip
 - Nylon sutures ([3/0](#) and [5/0](#))
 - Scissors
 - Mousetooth forceps
 - Smooth needle holder
 - Lidocaine (plain injectable in a vial - if you can source it)
- [Skin stapler](#) (in lieu of or in addition to a suture kit)
 - [Staple remover](#)
- Eye care (if you wear contact lenses, keep these in your first aid kit, vehicle, go-bag, etc.)
 - Contact lenses (a fresh, brand new pair of contact lenses)
 - [Contact lens case](#)
 - [Contact lens solution](#)
 - Spare eyeglasses (current prescription if you can afford it; don't just use your old glasses)
 - Prescription sunglasses, especially if environmentally necessary (e.g. in the desert, on the water, or snow sports)
 - [Eyeglass repair kit](#)
 - Even if you don't wear contact lenses, your friends, family, date, etc. might. Keeping a bottle of lens solution and contact lens case at home could save the day if something happens, and will make any impromptu sleepovers safer and more enjoyable for somebody who wears contact lenses but didn't come prepared.

DISCLAIMER: THIS IS NOT MEDICAL ADVICE. THIS IS FOR INFORMATION PURPOSES ONLY. Consult your doctor and seek appropriate training before providing first aid or medical care to anybody, including yourself. Everything you do is at your own risk.