First Aid Kit Check list:

- ☐ List of emergency phone numbers
- ☐ Change for pay phone (or cell phone with batteries)
- ☐ Face shield (for rescue breathing and CPR)
- ☐ Bandage scissors
- ☐ Plastic bags for crushed ice
- ☐ 3-inch and 4-inch elastic wraps
- ☐ Triangular bandages
- ☐ Sterile gauze pads—3-inch and 4-inch squares
- ☐ Saline solution for eyes
- ☐ Contact lens case
- ☐ mirror
- ☐ penlight
- ☐ Tongue depressors
- ☐ Cotton swabs
- ☐ Butterfly strips
- ☐ Bandage strips—assorted sizes
- ☐ Alcohol or peroxide
- ☐ Antibacterial soap
- ☐ First aid cream or antibacterial ointment
- ☐ Petroleum jelly
- ☐ Tape adherent and tape remover
- ☐ 1 1/2 inch white athletic tape
- ☐ Prewrap
- ☐ Sterile gauze rolls
- ☐ Insect sting kit
- ☐ Safety pins
- ☐ 1/8-inch, 1/4-inch, and 1/2-inch foam rubber
- ☐ Disposable surgical gloves
- ☐ Thermometer
- ☐ Other...
- ☐ Other...
- ☐ Other...

NOTES