First Aid Check List

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___Large case
___Personal Prescriptions
___First Aid Guide Book
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___Ibuprophen
___Aspirin or preferred
___Band Aids (variety pack)
___Butterfly strips
___Bandage, Roll
___Military Pressure bandages
___Bandage Squares
___Moleskin
___Bandage Tape
___Self Adhesive Athletic Wrap
___Sling (for arm injury)
___Burn Ointment
___Tooth Ache Drops
___Sweet Oil
___Irrigation Syringe (I use Veterinary Syringes)
___Anti-septic Ointments
___Anti-itch ointment
___Burn/Itch Spray
___Desenex (creme and powder)
___Q-tips
___Cleansing sponges/bandage Squares
___Medicated Soap
___Soap Case
___Thermometer
___Scissors
___Tweezers
___Eye Loop (if you can find one!)
___Latex Gloves
___Alcohol
___Iodine/Betadine
___Hydrogen Peroxide
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___Anti-Diahreal Medication
___Anti-Nausea Medication
___Laxative
___Day / Nyquil for colds / flu
___Cold Packs
___Hot Packs
___Eye Wash
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___Sewing needles / Dental floss ..... Actually works pretty good if you are up for it. Otherwise, I would just wrap it up and get to town!

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___Oral Anti-Biotics: See your family physician and discuss your first aid needs for emergency situations..... Remember Katrina. Help isn't always just around the corner.

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___Splints : You can carry materials for splints, purchase an inflatable type, or collect in an area as needed.

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