

DIY First Aid Kit

Civic Resilience

2025-09-22

Essential Items for Your First Aid Kit

A Comprehensive Checklist

Note: This is a basic, every-day first aid kit that assumes you will still have access to medical personnel and support. Please see our other guides for more comprehensive kits.

Bandages:

- ☐ Adhesive bandages
- ☐ Gauze pads
- ☐ Elastic wrap
- ☐ Triangular bandage
- ☐ Moleskine or blister bandages

Antibiotics and Supplies:

- ☐ Antiseptic wipes
- ☐ Antibiotic spray or ointment
- ☐ Cotton applicators

Tools:

- ☐ Commercial tourniquet
- ☐ Instant cold pack
- ☐ Tweezers
- ☐ Small scissors
- ☐ Gloves

Over the Counter Medications:

- ☐ Pain relief, like Tylenol, Advil, and Excedrin
- ☐ Non-drowsy antihistamines
- ☐ Cough medicines
- ☐ Antacids
- ☐ Anti-diarrheal medicine
- ☐ Antihistamine cream

- ☐ Eye drops

Additional Items:

- ☐ Prescription medications that you or your family members take regularly
- ☐ Important paperwork
- ☐ Electrolyte packets
- ☐ Naloxone
- ☐ Medical tape
- ☐ N95 masks

From the story “How to Build the Best Individual First Aid Kit: A DIY Guide”.
For more, visit <https://health.usnews.com/>