

Survival First Aid Kit Checklist

TRUEPREPPER

For more information visit:
<https://trueprepper.com/kits/first-aid-kit/>

☒ Minimum Requirements

☐ Suggested Additions

☐ Consider Adding

Basics

- ☒ Standard First Aid Kit
- or
- ☒ Bandages (variety)
- ☒ Antiseptic Spray
- ☒ Antibacterial Ointment
- ☒ Cotton Applicators
- ☒ Nitrile Gloves
- ☒ Cold Compress
- ☒ Medical Scissors
- ☒ Tweezers
- ☒ Safety Pins
- ☒ Finger Splints
- ☒ Hand Sanitizer
- ☐ Hydrogen Peroxide
- ☐ Blister Treatment
- ☐ Thermometer
- ☐ CPR Mask
- ☐ Petroleum Jelly

Miscellaneous

- ☒ Mylar Blanket
- ☒ First Aid Kit Container
- ☒ First Aid Manual
- ☒ Medical Contact List
- ☐ Super Glue
- ☐ Shaving Supplies
- ☐ Medical Waste Bag

Medications

- ☒ Prescription Meds
- ☒ Antibiotics
- ☒ Eye Drops
- ☒ Diarrhea Medicine
- ☒ Aspirin
- ☒ Ibuprofen
- ☒ Benadryl
- ☐ Throat Lozenges
- ☐ Electrolyte Mix
- ☐ Pepto Tabs
- ☐ Antacids
- ☐ Laxatives
- ☐ Cough & Cold Medicine
- ☐ Aloe Vera Lotion
- ☐ Calamine Lotion
- ☐ Caffeine Pills
- ☐ Hydrocortisone Cream

Animal

- ☐ Sting Relief

Dental

- ☐ Anesthetic Spray
- ☐ Dental Tools

Trauma

- ☒ Trauma Pads (variety)
- ☒ Gauze Rolls
- ☒ Gauze Sponge
- ☒ Medical Tape
- ☒ Combat Tourniquet
- ☐ Israeli Bandage
- ☐ Hemostatic Gauze
- ☐ Suture Thread and Needle
- ☐ SAM Splint(s)
- ☐ Chest Seal
- ☐ Irrigation Syringe
- ☐ Nasopharyngeal Airway

Skills

- ☒ First Aid Class
- ☒ CPR Class
- ☐ Combat Lifesaving
- ☐ Dental Training

