

Adult First Aid Checklist

Basic Item	Quantity on Hand	Expiration Date
Aspirin-Adult low dose 81 mg*	1 bottle	
Aspirin-Adult 325mg tablets	1 bottle	
Acetaminophen 250mg tablets/capsules (Tylenol)	1 bottle	
Ibuprofen 200mg tablets/capsules (Advil)	1 bottle	
Antihistamine (fexofenadine 60 or 120mg tablets/ or diphenhydramine 25mg capsules)– Adult dose	1 bottle	
Pseudophedrine 4 mg tablets (Sudafed)	1 bottle	
Cough Syrup/Cough suppressant (Delsym)	1 bottle	
Eye Wash Irrigation Solution	1 bottle	
Topical antihistamine cream (Allegra/Benadryl/Calamine)	1 tube	
Facial Wipes (Simple or Neutrogena)	1 pack	n/a
Neosporin Cream/Ointment	1 tube	
Isopropyl Alcohol 70%	1 bottle	n/a
Hydrogen Peroxide	1 bottle	n/a
Bandages (various sizes)	1 box	n/a
Ace Wrap (3" & 6")	1 roll each	n/a
4 x 4 non-sterile gauze pack	6 packs	n/a
6" cling gauze wrap	2 rolls	n/a
Paper Tape & Elastic Tape	1 roll each	n/a
Heating pad	1	n/a
Biofreeze Pain Relieving Gel or Icy Hot or Voltaren	1 tube	
Tourniquet**	1	n/a
Sunscreen 30 & 50 spf	1 tube each	/
Epinephrine Auto-Injector, if you or anyone in your household has severe allergies***	2 – Expiration Date:	<u>Valid Expiration Date is vital for these products to ensure proper emergency response when needed!</u>

*Low dose aspirin is to be used if an adult is having symptoms of a heart attack. These are to be chewed for faster absorption.

**A tourniquet can be made with any stretchy material including but not limited to (bungee cord, exercise resistance band, etc) the most important thing is to have different sizes, which are big enough to be used on various sized extremities (arms, thighs, calves).

First Aid Kits should contain the **EXTRA** items you have on hand. An example of this is OTC (over-the-counter) pain meds, which should be in supply separate from your kit.

It is always important to remember to make sure that if you are on any regularly prescribed medication (including OTC medications) given by your physician, make sure the above listed items are not contraindicated. If in doubt, call 9-1-1 emergency.