# Survival First Aid Kit Checklist

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

## Minimum Requirements
- Bandages (variety)
- 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

## Suggested Additions
- Standard First Aid Kit
- Prescription Meds
- Eye Drops
- Diarrhea Medicine
- Aspirin
- Ibuprofen
- Benadryl
- Throat Lozenges
- Electrolyte Mix
- Pepto Tabs
- Antacids
- Cough & Cold Medicine
- Aloe Vera Lotion
- Calamine Lotion
- Caffeine Pills
- Hydrocortisone Cream

## Consider Adding
- Baseline First Aid Kit
- Antibiotics
- Gauze Rolls
- Eye Drops
- Gauze Sponge
- Nitrile Gloves
- Bandages (variety)
- Antibacterial Ointment
- Aspirin
- Cough & Cold Medicine
- Electrolyte Mix
- Medical Tape
- Combat Tourniquet
- Israeli Bandage
- Hemostatic Gauze
- Suture Bandage
- Chest Seal

## Miscellaneous
- Mylar Blanket
- First Aid Kit Container
- First Aid Manual
- Medical Contact List
- Super Glue
- Razor Blades
- Medical Waste Bag

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

## Trauma
- Trauma Pads (variety)
- Gauze Rolls
- Gauze Sponge
- Medical Tape
- Combat Tourniquet
- Israeli Bandage
- Hemostatic Gauze
- Suture Bandage
- Chest Seal
- Irrigation Syringe w/Catheter
- Nasopharyngeal Airway

## Skills
- First Aid Class
- CPR Class
- Combat Lifesaving
- Dental Training

## Animal
- Venom Extraction Kit
- Sting Relief

## Dental
- Anesthetic Spray
- Dental Tools