

First Aid Kit Checklist

by Household Management 101.com

Papers

- Emergency contact numbers
- First aid instruction booklet

Supplies For Minor Scrapes And Cuts

- Adhesive bandages (assorted sizes)
- Adhesive cloth tape (10 yards x 1 inch)
- Sterile gauze (both rolls and pads)
- Antibiotic ointment
- Antiseptic wipes/spray
- Instant cold compresses (I also like to have some reusable cold compresses in the freezer at all times)

Medical Ointments

- Hydrocortisone ointment
- Calamine lotion
- Rubbing alcohol
- Hydrogen peroxide
- Hand sanitizing gel
- Burn ointment
- Eyewash solution (with eye cup)
- Petroleum jelly
- Saline solution (for help in suctioning out baby's nose)
- Sunscreen, at least SPF 15
- Sunburn ointment

Medical Supplies

- Cotton balls
- Cotton swabs
- Disposable gloves
- Ace bandages
- Plastic bags

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Miscellaneous other supplies

- Thermometer appropriate for age of members of household
- Items to cleanse thermometer after each use
- Bulb syringe (for suctioning out baby's nose)
- Medicine syringes and teaspoons for measuring out doses of medicine
- Scissors (including blunt tipped scissors for cutting gauze and adhesive tape)
- Tweezers
- Fine needle (use this, along with tweezers for splinter removal)
- Blanket
- Flashlight and batteries

Medications (as appropriate for adults and children)

- Fever and pain reducers, for both adults and children
- Antacids
- Anti-diarrhea medication
- Oral electrolyte solution (such as Pedialyte)
- Mild laxatives
- Antihistamines
- Cold and/or flu medicines
- Cough medicine
- Prescription medications prescribed to family members

What You Should Have In Your House In Case Of Accidental Poisoning?

It is no longer recommended to keep syrup of ipecac in your home to induce vomiting, according to the American Academy of Pediatrics

In addition, the American Academy of Pediatrics does not recommend keeping activated-charcoal solution in your first aid kit.

Instead, call the Poison Control Center immediately! The Poison Help hotline number is 1-800-222-1222