

## First Aid

Here is a list of a few first aid items that will help you put together a small First aid kit to carry in your 72 hour kit. This kit should be very basic and compact. Certainly there are other items that you might include, however keep the kit small and basic since the 72 hour kit may need to be packed around.



- |  |                                |
|--|--------------------------------|
| <input type="checkbox"/> Adhesive Or Paper Tape                                | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Baking Soda   | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Bandages  | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Disinfectant  | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Dust Mask To Help Filter Contaminated Air<br>And Dust | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Elastic Bandage                                       | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Eye Drops   | <input type="checkbox"/> _____ |
| <input type="checkbox"/> First Aid Kit   | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Hand Lotion   | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Lip Balm  | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Roll Of Gauze   | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Scissors  | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Spirits Of Ammonia                                    | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Splints   | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Sunscreen   | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Chap Stick  | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Cough Drops   | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Telfa Pads (4"X4")                                    | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Triangle Bandage (37"X37"X37")                        | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Tweezers  | <input type="checkbox"/> _____ |