



## **Required First Aid Supplies**

Consider packing these in Ziplock bags or vacuum-sealing them.

- ☐ One (1) Travel-sized container of sanitizing hand cleaner
- ☐ One (1) Small tube of antibiotic ointment (avoid Neosporin if you have allergies)
- ☐ Five (5) 4" x 4" sterile gauze dressings
- ☐ Two (2) 4" x 7" field dressings
- ☐ Two (2) self-adherent bandages (vet wrap, Kling, Coban, etc.)
- ☐ Several each of various-sized adhesive bandages (Band-aids)
- ☐ One (1) 3" x 4" piece of moleskin
- ☐ One (1) roll of adhesive tape (duct tape will do)
- ☐ Two (2) pairs of non-latex gloves
- ☐ One (1) pair of EMT shears
- ☐ One (1) SAM splint
- ☐ One (1) pouch of Celox / Quik Clot / Combat Gauze blood-clotting agent
- ☐ Two (2) tongue depressors
- ☐ Four (4) large safety pins
- ☐ Two (2) cravats (triangular bandages),  $\geq 45"$  on the short sides
- ☐ One (1) 4" elastic wrap (Ace bandage)
- ☐ One (1) biohazard garbage bag
- ☐ One (1) CPR mask or Micro Shield
- ☐ One (1) two-tablet package of aspirin

## **Optional First Aid Supplies**

- ☐ Personal medicines
- ☐ Tweezers
- ☐ Tincture of Benzoin, two ampoules
- ☐ Two 3" x 4" non adhesive dressings
- ☐ Skin closures strips (such as Steri-strips, not butterflies)
- ☐ 6" wide elastic wrap