



## Recommended Basic First Aid Kit Contents

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- Assorted sizes of adhesive bandages
- Adhesive cloth tape
- Antiseptic wipes
- Triple antibiotic ointment (contains bacitracin, neomycin, and polymyxin B)
- Hydrocortisone cream
- Packets of aspirin, ibuprofen, or acetaminophen
- Non-latex gloves
- CPR breathing mask
- Absorbent dressings
- Sterile gauze (assorted sizes)
- Roller bandage (assorted sizes)
- Triangular bandages
- Space blanket
- Instant cold pack
- Scissors
- Tweezers
- Tourniquet kit
- Prescriptions – review & list family needs
  - Special requirements
- Optional for special needs:
  - EpiPen
  - Glucose tablets
  - What's unique for you and your loved one's medical care?