

First Aid Kit Suggestions	School of First Aid								
Weekend - 1-2 People		FUNDIMENTAL KIT		COMPREHENSIVE KIT		PREFESSIONAL GUIDE KIT			
Bandage Materials		Bandage Materials		Bandage Materials		Bandage Materials			
5 Bandage, Adhesive, Fabric, 1" x 3"		2 Dressing, Gauze, Sterile, 2" x 2", Pkg./2		4 Dressing, Gauze, Sterile, 2" x 2", Pkg./2		12 Dressing, Non-Adherent, Sterile, 3" x 4"			
2 Dressing, Gauze, Sterile, 2" x 2", Pkg./2		3 Dressing, Gauze, Sterile, 4" x 4", Pkg./2		2 Eye Pad, Sterile		20 Dressing, Gauze, Non-Sterile, 4" x 4"			
2 Dressing, Gauze, Sterile, 4" x 4", Pkg./2		2 Bandage, Conforming Gauze, 3"		2 Bandage, Conforming Gauze, 3"		4 Bandage, Conforming Gauze, 3"			
2 Dressing, Non-Adherent, Sterile, 3" x 4"		3 Dressing, Non-Adherent, Sterile, 3" x 4"		4 Dressing, Non-Adherent, Sterile, 3" x 4"		10 Bandage, Adhesive, Fabric, Knuckle			
2 Bandage, Conforming Gauze, 3"		1 Bandage, Stockinette Tubular, 1" x 4"		4 Dressing, Gauze, Sterile, 4" x 4", Pkg./2		10 Bandage, Adhesive, Fabric, 1" x 3"			
5 Bandage, Adhesive, Fabric, Knuckle		8 Bandage, Adhesive, Fabric, 1" x 3"		2 Bandage, Stockinette Tubular, 1" x 4"					
		5 Bandage, Adhesive, Fabric, Knuckle		10 Bandage, Adhesive, Fabric, 1" x 3"					
				10 Bandage, Adhesive, Fabric, Knuckle					
Bleeding		Bleeding		Bleeding		Bleeding			
1 Gloves, Nitrile (Pair)		2 Gloves, Nitrile (Pair)		3 Gloves, Nitrile (Pair)		5 Gloves, Nitrile (Pair)			
1 Trauma Pad, 5" x 9"		1 CAT Tourniquet		1 CAT Tourniquet		1 CAT Tourniquet			
1 Z-Folded Hemostatic Dressing		1 Trauma Pad, 8" x 10"		1 Trauma Pad, 8" x 10"		1 Trauma Pad, 5" x 9"			
1 CAT Tourniquet		1 Z-Folded Hemostatic Dressing		1 Z-Folded Hemostatic Dressing		1 Z-Folded Hemostatic Dressing			
1 SWAT Tourniquet		1 Trauma Pad, 5" x 9"		1 Trauma Pad, 8" x 10"		1 Trauma Pad, 8" x 10"			
		1 SWAT Tourniquet		1 SWAT Tourniquet		1 SWAT Tourniquet			
Blister / Burn		Blister / Burn		Blister / Burn		Blister / Burn			
1 GlacierGel (Large Oval)		2 GlacierGel (Small Rectangular)		2 GlacierGel (Small Rectangular) (or Spenco 2nd skin)		4 GlacierGel (Large Oval)			
11 Moleskin, Pre-Cut & Shaped (11 pieces)		11 Moleskin, Pre-Cut & Shaped (11 pieces)		22 Moleskin, Pre-Cut & Shaped (11 pieces)		66 Moleskin, Pre-Cut & Shaped (11 pieces)			
		1 Aloe Vera Gel with Lidocaine, 1 oz		1 Molefoam, 3" x 5"					
				1 Aloe Vera Gel with Lidocaine, 1 oz					
CPR		CPR		CPR		CPR			
1 CPR Face Shield, Laerdal		1 CPR Face Shield, Laerdal		1 CPR Face Shield, Laerdal		1 CPR Pocket Mask, Laerdal			
				Dental		Dental			
				1 Dentemp, Filling Mixture with Pain Relief		1 Temporary Cavity Filling Mixture			
						1 Oil of Clove, 3.7 ml			
Duct Tape		Duct Tape		Duct Tape					
1 Duct Tape, 2" x 5 Yards		1 Duct Tape, 2" x 5 Yards		1 Duct Tape, 2" x 5 Yards					
Fracture / Sprain		Fracture / Sprain		Fracture / Sprain		Fracture / Sprain			
1 Bandage, Elastic with Velcro, 3"		1 SAM® Splint, 4" x 36"		1 Bandage, Elastic with Velcro, 3" ("Ace" type)		1 SAM® Splint, 4" x 36"			
1 Bandage, Triangular		1 Bandage, Elastic with Velcro, 3"		2 Bandage, Triangular		2 Bandage, Triangular			
		1 Bandage, Triangular		1 SAM® Splint, 4" x 36"		1 Bandage, Elastic with Velcro, 4"			
						1 Bandage, Elastic with Velcro, 3"			
Instrument		Instrument		Instrument		Instrument			

1 EMT Shears, 4"	1 Thermometer, Digital	1 Splinter Picker/Tick Remover Forceps	1 Splinter Picker/Tick Remover Forceps
1 Splinter Picker/Tick Remover Forceps	1 EMT Shears, 4"	1 Thermometer, Digital	1 Stethoscope
3 Safety Pins	1 Splinter Picker/Tick Remover Forceps	1 EMT Shears, 4"	1 EMT Shears, 4"
1 Pencil	3 Safety Pins	3 Safety Pins	1 Thermometer, Digital
3 Thermometer, Disposable	1 Pencil	1 Pencil	3 Safety Pins
			1 Pencil
Medical Information	Medical Information	Medical Information	Medical Information
1 SOAP Note	1 SOAP Note	3 SOAP Note	3 SOAP Note
Medication	Medication	Medication	Medication
2 Ibuprofen (200 mg), Pkg./2	4 Ibuprofen (200 mg), Pkg./2	5 Ibuprofen (200 mg), Pkg./2	10 Ibuprofen (200 mg), Pkg./2
2 Acetaminophen (500 mg), Pkg./2	4 Acetaminophen (500 mg), Pkg./2	5 Acetaminophen (500 mg), Pkg./2 (Tylenol)	10 Acetaminophen (500 mg), Pkg./2
2 Antihistamine (Diphenhydramine 25 mg)	4 Antihistamine (Diphenhydramine 25 mg)	6 Diamode (Loperamide HCl 2 mg), Pkg./1 (Imodium)	20 Antihistamine (Diphenhydramine 25 mg)
1 Aspirin (325 mg), Pkg./2	1 Aspirin (325 mg), Pkg./2	6 Antihistamine (Diphenhydramine 25 mg)	10 Aspirin (325 mg), Pkg./2
		2 Aspirin (325 mg), Pkg./2	5 Cold Medicine, Medicidin-D, Pkg./2
		1 Antacid, Pkg./12 (chewable Pepto Bismol)	7 Antacid, Pkg./2
		1 Glucose Paste (Glucose 15 g), sugar packets, or energy gel	7 Diotame (Bismuth Subsalicylate), Pkg./2
		2 Oral Rehydration Salts (electrolyte powder)	10 Diamode (Loperamide HCl 2 mg), Pkg./1
		5 Cold Medicine, Medicidin-D, Pkg./2	6 After Bite Wipe
		3 Cortisone Cream 1%, 1/32 oz (.9 g)	1 Glucose Paste (Glucose 15 g)
		3 After Bite Wipe	1 Oral Rehydration Salts
Wound Care	Wound Care	Wound Care	Wound Care
6 After Cuts & Scrapes Antiseptic Wipe	1 Small bar of soap	1 Small bar of soap	1 Small bar of soap
1 Instructions, Easy Care Wound	2 Tincture of Benzoin Topical Adhesive	1 Scrub Brush, Sterile	2 Tape, 1" x 10 Yards
1 Tape, 1" x 10 Yards	1 Tape, 1" x 10 Yards	3 Tincture of Benzoin Topical Adhesive, Vial	2 Tape, 1" x 10 Yards
1 Syringe, Irrigation, 20 cc, 18 Gauge Tip	1 Syringe, Irrigation, 20 cc, 18 Gauge Tip	1 Tape, 1" x 10 Yards (athletic and/or 3M Micropore tape)	1 Syringe, Irrigation, 20 cc, 18 Gauge Tip
2 Tincture of Benzoin Topical Adhesive	6 After Cuts & Scrapes Antiseptic Wipe	1 Syringe, Irrigation, 10 or 20 cc, 18 Gauge Tip	12 After Cuts & Scrapes Antiseptic Wipe
1 Povidone Iodine, 3/4 oz	1 Povidone Iodine, 3/4 oz	6 After Cuts & Scrapes Antiseptic Wipe	1 Tincture of Benzoin Topical Adhesive, 2 oz
1 Wound Closure Strips, 1/4" x 4", Pkg./10	2 Cotton Tip Applicator, Pkg./2	2 Povidone Iodine, 3/4 oz	8 Triple Antibiotic Ointment, Single Use
1 Cotton Tip Applicator, Pkg./2	1 Wound Closure Strips, 1/4" x 4", Pkg./10	1 Wound Closure Strips, 1/4" x 4", Pkg./10	1 Povidone Iodine, 2 oz
		2 Cotton Tip Applicator, Pkg./2	