

# First Aid Kit Checklist

When emergencies happen, it is important to be prepared. You can purchase a First Aid Kit from many different locations however if you would like to build your own the following list comprised of the basic items for your kit.

Your First Aid Kit should contain the following items:

- 2 absorbent compress dressings (5x9)
- 25 adhesive bandages ( assorted sizes)
- 1 roll of adhesive cloth tape ( 10 yards x 1 inch)
- Antibiotic ointment packets
- Aspirin
- Extra pair of glasses and/ or hearing aids if needed
- Personal hygiene items including soap, disinfecting wipes, toilet paper, feminine hygiene products, tooth brush and toothpaste
- Items for family members with special needs ( children, seniors, people with disabilities) canes, walkers, diapers, and formula
- Essential items for pet care: water, food, updated medical records, leashes, crates and carriers
- Flashlight
- Battery operated/ manual radio
- Extra Batteries
- Don't forget a pocketknife!
- Whistle and Pepper Spray
- Extra house and car keys
- Paper, pens, and tape for leaving messages
- Family communication plan that includes emergency phone numbers
- Regional/state road map if you need to travel
- Credit and debit cards
- Small amounts of money- such as coins, one and five dollar bills in case you are not able to use your credit/debit cards
- Copies of important documents such as identification, passports, home and auto

insurance information, bank and credit card account numbers: Store all these in a waterproof container and/or folder

- Recent family photos for identification include pet pictures

Although your **GO BAG** will include a number of items, please make sure your bag is sturdy and easy to carry. Please also consider the following:

- Each member of the family must have their own **GO BAG**
- Pack games or books for entertainment
- Store your **GO BAG** in a place that is easy to get to, such as under a bed, in a closet, next to a door, or in the trunk of your car.
- Prepare your **GO BAG** for year- round use: fall, winter, spring and summer
- Update your **GO BAG** every six months. Replace items that will expire in the upcoming months such as food and medical supplies.