Checklist First Aid Kit

Gastrointestinal

- ☐ Charcoal Tablets
- ☐ Antidiarrhea Tablets
- ☐ Electrolytes
- ☐ Antiemetic agent
  (helps to reduce nausea during stomach bugs)

Cold/Flu

- ☐ Cough suppressant (e.g. codeine)
- ☐ Cough expectorant
- ☐ Pain reliever
- ☐ Aspirine
- ☐ Sore throat tablets
- ☐ Decongestant nasal spray

Allergies

- ☐ Calcium
- ☐ Antihistaminic agent (oral)
- ☐ Antihistaminic agent (ointment)
- ☐ Cortisone

Malaria

- ☐ Standby medication
- ☐ Prophylactic medication

To provide for all contingencies

- ☐ Eye drops
- ☐ Cloves oil (for mouth sores or painful teeth)
- ☐ Antiemetic medication (against travel sickness)
- ☐ Broadband antimycotic
- ☐ Antibiotic
- ☐ Virostatic agent (against herpes simplex)
- ☐ Disinfection agent
- ☐ Ear plugs
- ☐ Burn ointment
- ☐ Blistering plaster

Prophylactic

- ☐ Insect Repellent
- ☐ Vitamin tablets

Emergency Set

- ☐ Clinical thermometer

- ☐ Cissors
- ☐ Plaster
- ☐ Wound closure strips

- ☐ Dressing for initial sterile wound care
- ☐ Triangular bandage
- ☐ Gauze bandage
- ☐ Elastic bandages
- ☐ Compresses/gauze pads
- ☐ Safety pins
- ☐ Eye patch

- ☐ Respiration mask
  (mouth-to-mouth protection)
- ☐ Emergency blanket

- ☐ Tweezers
- ☐ Alcohol wipes
- ☐ Suture and surgical needles
- ☐ Disposable scalpel
- ☐ Disposable syringes
- ☐ Latex gloves
- ☐ Drain tubes
- ☐ Intravenous line
- ☐ Infusion set

Personal Medication

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____