



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), ≥ 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