

Advanced First Aid Survival Kit Checklist

Wound Care and Bandages:

- ✓ Adhesive Bandages (various sizes) and Tape
- ✓ Sterile Gauze Pads and Rolls
- ✓ Antiseptic Wipes or Solution
- ✓ Antibiotic Ointment
- ✓ Butterfly Closures
- ✓ Tweezers and Scissors

Instruments and Tools:

- ✓ Digital Thermometer
- ✓ Medical Gloves
- ✓ Small Flashlight or Penlight
- ✓ Safety Pins
- ✓ Tourniquet
- ✓ Magnifying Glass

Medications:

- ✓ Aspirin or Non-aspirin Pain Relievers
- ✓ Antidiarrheal Medications
- ✓ Antacid
- ✓ Laxatives
- ✓ Hydrocortisone Cream
- ✓ Antihistamine

Specialty Items:

- ✓ Instant Cold Packs and Hot Packs
- ✓ Burn Gel or Cream
- ✓ Eye Wash Solution and Eye Pads
- ✓ Ear Plugs

Breathing and Circulation:

- ✓ CPR Face Shield or Mask
- ✓ Oral Airway Kits (various sizes)

Splints and Supports:

- ✓ Finger Splints
- ✓ Sam Splints
- ✓ Elastic Bandages

Information and Reference:

- ✓ First Aid Manual
- ✓ Emergency Medical Contacts
- ✓ Personal Medical Information (allergies, medications, medical conditions)

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Personal Protection and Hygiene:

- ✓ Hand Sanitizer
- ✓ Biohazard Waste Bags
- ✓ Face Masks

Container:

- ✓ Durable, Easily Accessible Container
- ✓ Clear Compartment Organizers
- ✓ Labeling Supplies (for expiration dates, contents)