

# First-Aid Checklist

By Red Sky Ready

## Medication

- Aleve
- Allergy Relief/Sudafed
- Anti-Diarrheal
- Benadryl
- Dramamine
- Glucose tablets
- Headache relief (with caffeine)
- Ibuprofen
- Lip balm (sealed)
- Mucinex
- Night-time/Daytime Severe Cold/Cough
- Oragel
- Peppermints
- Peroxide
- Triple antibiotic ointment
- Tums/Pepto-Bismol

## Tools

- Eyeglass repair kit
- Tweezers
- Fingernail clippers

## Wounds & Bleeding

- Alcohol Swabs
- Band-aids
- Gauze
- Non-stick pads
- Steri-strips
- Sutures
- Tampons & Pads

## Miscellaneous

- Cotton balls
- Duct tape
- Ear plugs
- Gloves
- Hair bands
- Medical Tape
- Paper Towel
- Q-Tips
- Super Glue
- Skin pad
- Tongue depressor