



ABC's OF HEALTHY KIDS | P: Prepare for Takeoff

# Creating a First Aid Kit

Keep your First Aid Kit in an easily accessible water-resistant container. Contents should be refreshed and kept up-to-date. Print out extra copies of this checklist and include them if needed.

## Wound Care

- Antibiotic cream
- Hydrogen peroxide
- Bandages
- Elastic wrap bandages
- Gauze pads
- Petroleum jelly
- Disposable gloves
- Medical tape
- Tweezers
- Cotton balls
- Cotton swabs

## Stop the Itch

- Hydrocortisone cream
- Allergy medication/  
Antihistamine
- Insect repellent

## Hot or Cold?

- Heating pad
- Ice pack
- Digital thermometer

## Keeping Clean

- Antiseptic wipes
- Rubbing alcohol
- Hand sanitizer

## Misc. Meds

- Pain reliever/  
Fever reducer (e.g. Ibuprofen  
and Acetaminophen)
- Nausea treatment
- Antacid
- Cough drops

Date: \_\_\_\_\_

