

Make your own Homemade First Aid Kit

To be prepared for emergencies, keep a well-stocked first aid kit in your home and in your car. Always carry a first aid kit with you or know where you can find one.

Whether you buy a first aid kit or put one together, make sure it has all the items you may need. Include any personal items such as medications and emergency phone numbers or other items your health-care provider may suggest. Check the kit regularly. Make sure your flashlight batteries work. Check expiration dates and replace any used or out-of-date contents.

Use our list to stock your kit and add any other items you have found are needed. The contents can be put inside a small tool box or carry bag. Use whatever you have handy, but remember to label your first aid kit with a marker!



CITRUS MEMORIAL
Health System

First Aid Kit Accessories

- 1 pair of scissors
- 1 pair of tweezers
- 1 package of safety pins
- 1 small box of cotton swabs (Q-tips)
- 1 package of moist towelettes
- 1 small bottle of hand sanitizer
- 1 box of assorted size Band-Aids
- 1 roll of gauze
- 5 sterile gauze pads
- 1 adhesive cloth tape
- 2 absorbent compress dressings
- Oral thermometer (non-mercury/nonglass)
- 5 antiseptic wipe packets
- 1 instant cold compress
- 2 pair of nonlatex gloves (size: large)
- First aid instruction booklet

Over the Counter Medications

- 1 small bottle of Acetaminophen (Tylenol)
- 1 small bottle of Ibuprofen (Advil)
- 1 box of sinus decongestant tablets (Sudafed)
- 1 small package of cough drops
- 1 package of anti-diarrheal tablets (Imodium)
- 1 package of stomach relief tablets (Pepto)

Ointments and Creams

- 1 small tube of hydrocortisone cream
- 1 small tube of antibiotic ointment
- 1 small tube of analgesic cream
- 1 small bottle of insect sting or bite relief