

Medical Kit Supplies

Medical Kit Supply Checklist:

Band Aids (various sizes)

Instant ice packs (frozen sponges in sandwich bags are helpful for children)

Hydrogen Peroxide

Rubbing Alcohol

Tweezers

Q-tips

Aspirin or non-aspirin medication such as Tylenol or Advil (for adults. Do not administer to minors without written permission)

Surgical (rubber) gloves

Thermometer (disposable may be best)

Antibiotic ointment or cream (ex. Neosporin)

Antibacterial or antiseptic spray (ex. Bactine)

Bug bite cream or lotion (ex. Cortaid or Cortizone 10)

Gauze

Medical Tape

Contact solution