



INDIANA

RV Lifestyle

First Aid Supplies Checklist

FIRST AID REFERENCE

- Emergency telephone numbers
- Paper and pencil
- First Aid reference books

FIRST AID KIT SUPPLIES

- Adhesive tape
- Alcohol prep pads
- Band-Aids in multiple sizes
- Cloth Strips (approximately 2" x 4' long)
- Cotton Balls
- Q tips
- Elastic bandages
- Eye Wash Kit
- Flexible wrap (self-adhesive wrap)
- Gauze pads & bandages
- Gauze rolls
- Gloves
- Hand Sanitizer
- Moleskin
- Multi-purpose tool
- Scissors
- Tweezers

MEDICATIONS

- Antacid
- Antibiotic ointment
- Antidiarrheal drugs
- Antihistamine
- Cortisone cream
- Hydrogen peroxide
- Personal medications
- Poison ivy treatments
- Iodine Solution
- Styptic pencil

OPTIONAL ITEMS

- Clean cloth
- Cold Pack/Hot Pack
- Emergency Blanket
- Flashlight
- Lip balm /Sunscreen
- Sewing kit: thread, needles, safety pins
- Snakebite kit
- Splinting materials
- Water bottle
- Wet wipes
- Whistle