

Intermediate First Aid Kit

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- 4x4 sterile bandages (12-24)
- 8x8 sterile bandages (6-12)
- Sterile roll bandages, 2" and 4" widths (1-2 each)
- Rolled gauze (1 roll each of 1", 2" and 3" widths)
- 1 inch adhesive bandages (large box)
- Fingertip and/or knuckle adhesive bandages (1 box)
- Large adhesive bandages (1 box)
- Butterfly bandages or steri strips (1 box)
- ½ inch and 1 inch rolls of adhesive tape (1-2 of each)
- 1 inch rolls of hypoallergenic tape (2-4)
- 3-6 large triangular bandages (36"x36"x50")
- 4-6 cravats (72 inches)
- Occlusive bandages (2-4)
- Rolls 4 inch Kerlix or equivalent (2-4)
- Povidone pads or swabs (12)
- Antiseptic swipes (6)
- Tube antibiotic ointment (Neosporin) (1)
- Antimicrobial soap (1)
- Alcohol pads (8-10)
- Instant cold packs (2-4)
- Saline or equivalent (2)
- Sting-Kill or equivalent (1)
- Acetaminophen/Tylenol (24-36 tablets)
- Aspirin (12-24 tablets)
- Ibuprofen/Advil (12-24 tablets)
- Children's Acetaminophen/Tylenol (24-36 tablets)
- Children's Ibuprofen/Motrin (12-24 tablets)
- If you can find a sympathetic doctor or have access to prescription medicines, you should consider including:
 - Broad spectrum antibiotics
 - Antibiotics for sinus infections, strep throat...
 - Pain killers
- Miscellaneous Items (Optional) including:

- Bandage scissors
- Splinter forceps
- Needle, thread
- Scalpel, #11
- Prep razor
- Bulb syringe
- Assorted safety pins
- 3 ft. Plastic wrap
- Large zip lock bags (2-4)
- Emergency blanket (1-2)
- Change for phone calls
- Black ink pen and notepad
- Thermometer with sheaths
- Penlight or flashlight
- Latex gloves (6-12 pairs)
- Tongue blades or applicator sticks
- Tweezers
- Smelling salts or ammonia inhalants
- Snake bit kit (if you live near or are traveling to areas with poisonous snakes)
- Moleskin
- Burn medication
- Anti-itch treatment
- Sunscreen
- Eye drops
- Tissues
- Skin lotion
- Insect repellent
- Paper cups
- Plastic spoons
- Waterproof matches (for sterilizing needles)
- Hot water bottle
- Sanitary napkins
- Disposable diapers
- Baby formula
- Pocket knife
- Don't forget the First Aid Guide/Manual