

SURVIVAL FIRST AID KIT

Prepping your way to medical self-reliance...

TRUEPREPPER

This list is organized by category, color-coded by importance, and linked to extensive reviews.

☐ Essential Items

☐ Suggested Gear

☐ Situation-Specific

Basics

- ☐ Standard First Aid Kit
or
- ☐ Bandages (variety)
- ☐ Antiseptic Spray
- ☐ Antibacterial Ointment
- ☐ Cotton Applicators
- ☐ Nitrile Gloves
- ☐ Cold Compress
- ☐ Medical Scissors
- ☐ Tweezers
- ☐ Safety Pins
- ☐ Finger Splints
- ☐ Hand Sanitizer
- ☐ Hydrogen Peroxide
- ☐ Blister Treatment
- ☐ Thermometer
- ☐ CPR Mask
- ☐ Petroleum Jelly

Miscellaneous

- ☐ Mylar Blanket
- ☐ First Aid Kit Container
- ☐ First Aid Manual
- ☐ Medical Contact List
- ☐ Super Glue
- ☐ Shaving Supplies
- ☐ Skin Stapler
- ☐ Medical Waste Bag

Medications

- ☐ Prescription Meds
- ☐ Antibiotics
- ☐ Eye Drops
- ☐ Diarrhea Medicine
- ☐ Aspirin
- ☐ Ibuprofen
- ☐ Benadryl
- ☐ Throat Lozenges
- ☐ Electrolyte Mix
- ☐ Pepto Tabs
- ☐ Antacids
- ☐ Laxatives
- ☐ Cough & Cold Medicine
- ☐ Aloe Vera Lotion
- ☐ Calamine Lotion
- ☐ Caffeine Pills
- ☐ Hydrocortisone Cream

Animal

- ☐ Sting Relief

Dental

- ☐ Anesthetic Spray
- ☐ Dental Tools

Trauma

- ☐ Trauma Pads (variety)
- ☐ Gauze Rolls
- ☐ Gauze Sponge
- ☐ Medical Tape
- ☐ Combat Tourniquet
- ☐ Israeli Bandage
- ☐ Hemostatic Gauze
- ☐ Suture Thread and Needle
- ☐ SAM Splint(s)
- ☐ Chest Seal
- ☐ Irrigation Syringe
- ☐ Nasopharyngeal Airway

Skills

- ☐ First Aid Class
- ☐ CPR Class
- ☐ Combat Lifesaving
- ☐ Dental Training



For more information visit: <https://trueprepper.com/kits/first-aid-kit/>