

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/>