

# 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

**FAK**

