# Survival First Aid Kit Checklist

**Minimum Requirements**
- Standard First Aid Kit
- 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

**Suggested Additions**
- 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

**Consider Adding**
- 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

**Animal**
- Sting Relief

**Dental**
- Anesthetic Spray
- Dental Tools

**Miscellaneous**
- Mylar Blanket
- First Aid Kit Container
- First Aid Manual
- Medical Contact List
- Super Glue
- Shaving Supplies
- Medical Waste Bag

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