

## Advanced First Aid Equipment – Exercise

**Step 1** – Pick an activity/location for a first aid kit for an activity you do, or, select a first aid kit for your home, vehicle, or camper. List what your kit is for here:

**Step 2** – For each of the first aid items listed below checkmark the items that you would include in your kit. If you choose to substitute something else please write it in. There are some blanks at the end of each section if you want to add an item.

ITEM	✓	Substitute?	A	B
<b>Treatment Items</b>				
Band Aids (Assorted Sizes)				
Triple Antibiotic Ointment				
Gauze Pads (2"/4")				
Medical Gloves (large)				
Self-Adhering Bandage (Coban)				
Elastic Bandage (2"/4"6")				
Triangular Bandages				
Roller Gauze (2"/4")				
Multi-Ply Roller Gauze (4")				
Saline or Wound Wash				
Bar Soap + J&J Shampoo				
Finger splints/tongue depressors				
Face Shield or Pocket Mask				
Butterflies (Steri Strips)				
Tweezers (Sharp and Blunt)				
Medical Scissors				
Liquid Bandage (Nu Skin)				
Moleskin				
Glucose Tablets				
Hand Sanitizer				
Cold Pack and/or Plastic Bags				
Small pliers (side cutters)				
Diphenhydramine (Benadryl)				
Aspirin (for cardiac)				
Non-Adherent Bandage Pads				
Pen and Notebook				
First Aid Tape (Sponge Type)				
Eye Shields				
Quick Application Tourniquet				
Zip-Lock Plastic Bag(s)				

