

Guide Personal First Aid Kit Check List

Items that AzRA will Supply

Miscellaneous

- 1" Fabric Tape
- 2" Coban Wrap
- 3" Ace Bandage
- 4 Pairs Nitrile Gloves
- 2 Electrolyte Drink Mix
- 1 or 2 Wag Bags
- Small Saline Tube for Irrigation
- Triangle Bandage

Wipes and Ointments:

- 5 Alcohol Prep Pads
- 5 povidone Iodine wipes
- 5 pkgs Triple Antibiotic
- 5 pkgs Hydrocortisone
- 5 Sting Ease Pads

Tablets

- 5 Ibuprofen
- 5 Claritin
- 5 Diphenhydramine (antihistamine)
- 5 Aspirin
- 5 Non-Aspirin
- 5 Electrolyte Tablets

Band-Aids

- 5 Large Patch Band-Aids
- 5 Strip Band-Aids
- 5 knuckle Band-Aids
- 1 package of Steri-Strips
- 1 Small-Medium Tegaderm

Blister Bag

- 5 Corn Cushions
- 10 Moleskin

Gauze

- 5 4x4 Gauze Pads
- 5 3x4 Gauze Pads
- 5 2x3 Gauze Pads
- 3" Roll Gauze
- ABD Pad
- 6 Tampons

Items to supply on your own

- Blood Clot Powder
- Tweezers
- 2 Tongue Depressors
- 5 Safety Pins
- 20 Q-Tips
- Small Tourniquet
- Razor
- Scalpel
- Finger Splint
- Nail Clippers
- Trauma Shears
- Hand Sanitizer
- Glucose Supplement
- SOAP Note Sheets
- Biohazard Bag
- Ziploc
- Notebook and Pen
- WFR Field Guide
- Signal Mirror
- First-Aid Bag