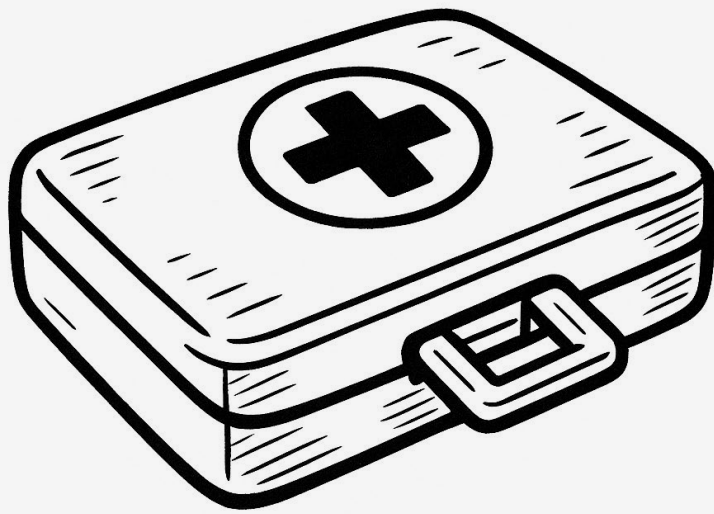


PREPARED NOT PARANOID

FIRST AID TRAUMA CHECKLIST



FIRST AID KIT CHECKLIST

MEDICATIONS



- **Ibuprofen - 200 mg**
Pain reliever for headaches, muscle pain, joint pain, and minor injuries.
- **Diphenhydramine - 25 mg**
Allergy relief, hay fever, cold symptoms, and sleep aid.
- **Acetaminophen - 325 mg**
Relieves mild to moderate pain and reduces fever.
- **Calcium Carbonate - 420 mg**
Neutralizes stomach acid, relieving heartburn and indigestion.
- **Aspirin - 325 mg**
Pain reliever, anti-inflammatory, and blood thinner.
- **Narcan (Naloxone)**
Emergency opioid overdose reversal medication; can restore breathing in someone experiencing an opioid overdose.
- **Loperamide HCl - 2 mg**
Controls diarrhea, useful for travel and emergencies.

TOPICAL OINTMENTS



- **Povidone Iodine Prep Pads**
Antiseptic for disinfecting minor cuts, scrapes, and burns.
- **Hydrocortisone Cream**
Reduces itching, redness, and swelling from skin irritations.
- **Triple Antibiotic Ointment**
Prevents bacterial infections in minor wounds.
- **Alcohol Prep Pads**
Cleans skin before injections or minor procedures.

TOPICAL OINTMENTS



- **Benzalkonium Chloride Towelettes**

Disinfects minor wounds, preventing infection.

- **Sting Relief Pads**

Provides quick relief from pain and itching due to insect stings.

- **Antimicrobial Alcohol Gel Wipes**

Sanitizes hands or cleans skin surfaces to kill germs.

- **Burn Gel Dressing**

Treats minor burns, providing cooling and protection.

BANDAGES



- **Standard Bandages (70)**

- **Knuckle Bandages (4)**

- **Medium Bandages (18)**

- **XL Bandages (4)**

- **Finger Tip Bandages (4)**

ADDITIONAL ESSENTIALS



- **Storage Tins / Organizers**
Keeps supplies accessible and well-organized.
- **Electrolyte Powder**
Helps with hydration, especially during long flights or illness.
- **Small Scissors & Tweezers**
For minor cuts, splinters, or bandage adjustments.
- **Tampons, Pads, Wipes, Tissues**
Essential for female hygiene needs.
- **Eyeglass Repair Kit**
Handy for unexpected repairs.
- **Water Purification Tablets**
A must for overseas travel or emergencies.
- **Travel-Sized Duct Tape & Medical Tape**
Quick fixes for gear and wound care.
- **Personal Medications**
Ensure you have prescriptions that may be hard to find abroad.

TRAUMA EQUIPMENT CHECKLIST

BLEEDING CONTROL



- **Nitrile Gloves (Blue, Never Black)**
Protects against contamination and cross-infection.
- **Mini Compression Bandage**
Provides direct pressure to wounds in a compact design.
- **Hemostatic Gauze**
Promotes rapid clotting for severe bleeding.
- **Israeli Bandage**
Multi-functional trauma dressing with a built-in pressure bar for severe bleeding control.
- **Compressed Gauze**
Used for wound packing and applying direct pressure.
- **CAT Tourniquets (2X) –**
Essential for stopping life-threatening arterial bleeding on extremities.

AIRWAY & BREATHING



- **Nasopharyngeal Airway (NPA)**
Helps maintain an open airway in unconscious individuals.
- **Vented Chest Seal Pair**
Seals penetrating chest wounds to prevent tension pneumothorax.

TRAUMA & WOUND CARE



- **Mylar Blanket**
Prevents shock and hypothermia in trauma victims.
- **Trauma Shears**
Cuts through clothing, seatbelts, and bandages quickly and safely.
- **Small Pen Light**
Used for pupil assessment and examining wounds in low-light conditions.

ADDITIONAL ESSENTIALS



- **Marker (Permanent or Medical Sharpie)**
For marking tourniquet application time.
- **Elastic Bandage (ACE Wrap)**
Provides additional support for sprains, splinting, or securing gauze.
- **Burn Dressing (Water-Jel or BurnTec)**
Treats burns and thermal injuries.
- **Duct Tape or Medical Tape**
Secures bandages, splints, or makes quick repairs.
- **Triangle Bandage (Cravat)**
Can be used for slings, splints, or wound dressing.
- **SAM Splint**
Provides support for fractures and immobilization.
- **CPR Face Shield or Mask**
Ensures safe mouth-to-mouth resuscitation.
- **Glow Stick or Small LED Light**
Helps in low-light conditions or as an emergency signal.
- **Saline or Wound Irrigation Solution**
Cleans wounds before dressing.
- **LifeVac**
A portable airway clearance device designed to remove airway obstructions in choking emergencies.

FIRST AID & TRAUMA KIT

When emergencies happen, medical preparedness saves lives. A properly stocked First Aid and Trauma Kit gives you the tools to respond effectively whether it's a minor injury at home or a life-threatening bleed on the road.



Scan the QR code on the right to get our *Prepared Not Paranoid First Aid & Trauma Kit Blog* and learn how to build, organize, and maintain your kits for real-world use.
www.preparednotparanoid.com/pnp-library?category=Medical%20-%20Trauma/First%20Aid

RECOMMENDED MEDICAL GEAR

Looking for quality trauma supplies, tourniquets, and first aid equipment?

Scan the QR code on the right or visit our online shop to explore our recommended medical gear and training resources: www.preparednotparanoid.com/firstaid

