

First Aid Checklist

Item	How Many?	Is it Here?
List of emergency phone numbers (emergency crews, rescue contact, poison control)	1	
List of allergies and medications for everyone in your group	1 for each person	
Additional medications for each person in your group (painkillers, antihistamines, antacids, etc)	1 labeled bag for each person	
Waterproof container to store everything	1	
Quart and gallon Ziploc bags	5 of each size	
Gauze Squares (large - 5x9, medium - 4x4, small - 3x3)	2 large, 4 medium, 5 small	
Triangular bandages	2	
Feminine hygiene items (for personal use or in emergencies)	5 in a variety of sizes	
Gauze roll (4 inch wide)	1 roll	
Self-adhesive bandage (4 inch wide)	1 roll	
Paper tape	1 roll	
Band-Aids (variety of sizes)	1 variety pack	
Alcohol wipes	5-10	
Antiseptic wipes	5-10	
Travel size aspirin	2 doses	
Travel size Benadryl	2 doses	
Hydrocortisone cream packets	2 doses	
Instant cold compress	1	
Small scissors	1	
Tweezers	1	
Non-latex gloves	2-5 pairs	
Oral thermometer	1	
Pet waste bags (for easy clean up)	1 roll	

Emergency Kit Checklist

Item	How Many?	Is it Here?
List of emergency phone numbers (emergency crews, rescue contact, poison control)	1	
List of allergies and medications for everyone in your group	1 for each person	
Additional medications for each person in your group (painkillers, antihistamines, antacids, etc)	1 labeled bag for each person	
Waterproof container to store everything	1	
Quart and gallon Ziplocs	5 of each size	
First Aid Kit	1 kit	
Flashlights	1 for each person	
Extra batteries for all devices	At least 2 backup	
Lantern (solar if possible)	1	
Feminine hygiene items (for personal use or in emergencies)	5 in a variety of sizes	
Collapsible gallon water jugs	1 per person per day	
72 hours (3 days) worth of non-perishable food	72 hours worth per person	
Emergency radio	1	
Solar phone charger and battery backup	1 per adult	
Whistle	1 per person	
Dust masks	2 per person	
Cloth masks with extra filters	5 per person	
Hand sanitizer	1 bottle per person	
Plastic sheet or tarp	2	
Duct tape	2 rolls	
Sanitation Pack (baby wipes, pet waste bags)	1 per person	
Local maps (to cover an evacuation route)	1 per route	
Matches in a waterproof container	1-2 containers	
Reusable mess kits (plates, silverware, cups)	1 per person	
Emergency thermal blankets	1 per person	