



# FIRST AID KIT LISTS

## BASIC FIRST AID KIT

Band-Aid's  
Motrin  
Tylenol  
Antacids Benadryl  
Anti-itch cream

Ear plugs  
Pair of gloves  
Neosporin cream/ triple antibiotic ointment

## DELUXE FIRST AID KIT

Band-Aid's  
Motrin  
Tylenol  
Antacids  
Benadryl  
Anti-itch cream  
Ear plugs  
Pair of gloves

Neosporin cream/ triple antibiotic ointment  
Moleskin blister dressings  
Athletic tape  
Ice packs  
Feminine hygiene products  
Saline spray  
Gauze  
Kerlix wrap

Tape  
Ace wrap  
Thermometer  
Q tips  
Alcohol wipes  
Moist toillettes  
Scissors  
Tweezers  
Cold pack