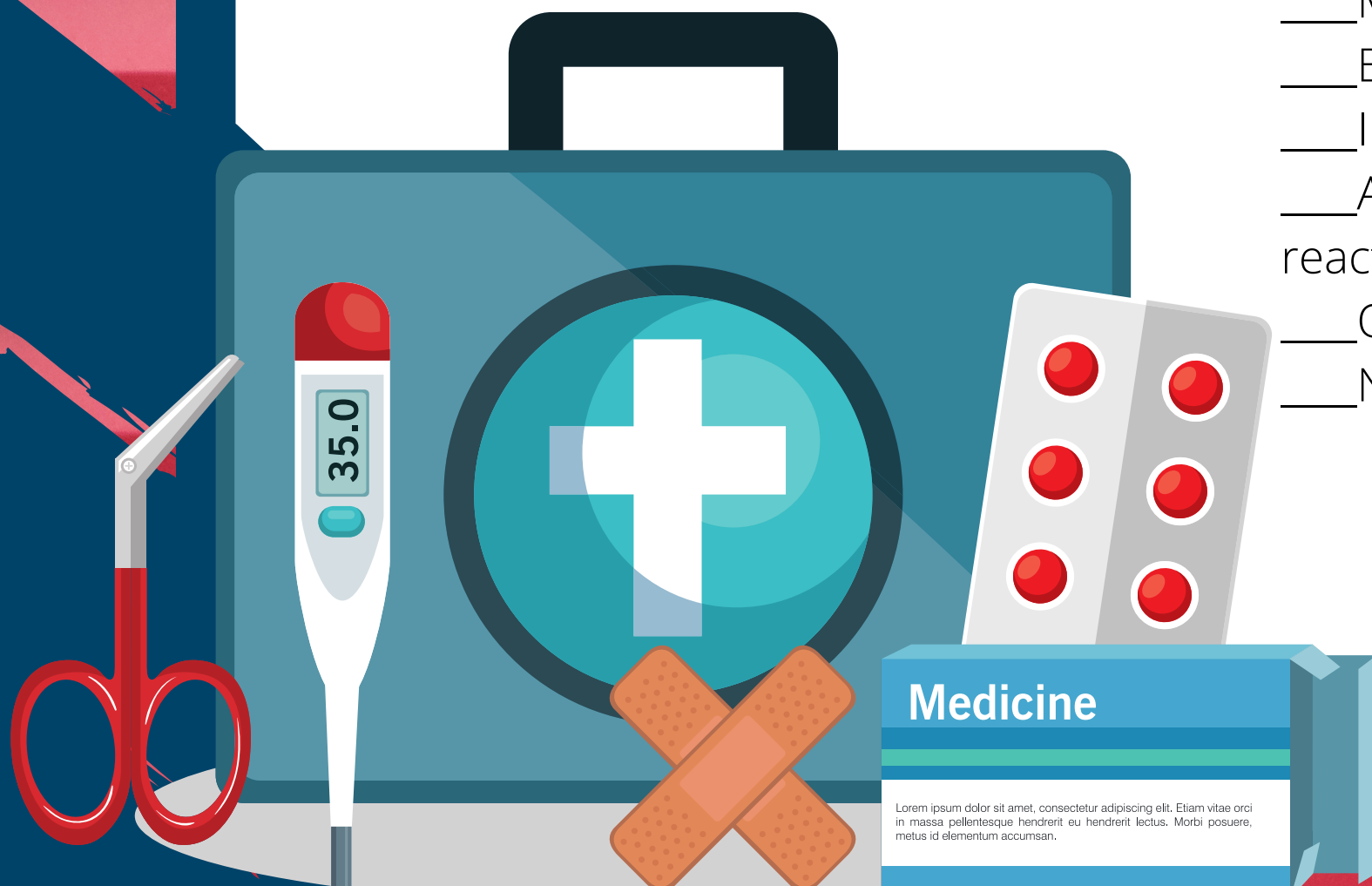


CHECKLIST

Tools and Supplies

- Paramedic shears
- Cotton swabs
- Thermometer
- Syringe
- Tweezers
- Emergency Heat reflecting blanket
- Headlamp
- Whistle
- Sunscreen
- Insect repellent



FIRST AID KIT CHALLENGE

Find your home first aid kit, and see if you have all the supplies listed below. If not, try finding them and adding them to your kit. If you don't have a kit, use this checklist to build one!

First Aid

- Antiseptic wipes
- Antibacterial ointment
- Assorted adhesive bandages
- Butterfly bandages
- Gauze pads (various sizes)
- Nonstick sterile pads
- Medical adhesive tape
- Blister treatment
- Insect-sting relief treatment
- Antihistamine to treat allergic reactions.
- One way valve or mask
- Non-latex gloves

Wraps, Splints, and Wound Coverings

- Elastic wrap
- Finger Splints
- Rolled Gauze
- Medicine wrap
- First-aid cleanse pads
- Liquid bandage
- Homeostatic gauze
- Triangle Bandage

Medications/Treatments

- Hand Sanitizer
- Aloe Vera Gel
- Aspirin
- Antacid Tablets
- Throat Losenges
- Eye drops
- Poison ivy/poison oak treatment
- Insect sting relief treatment
- Ibuprofen/other pain-relief medication



CHECKLIST

Tools and Supplies

- Paramedic shears
- Cotton swabs
- Thermometer
- Syringe
- Tweezers
- Emergency Heat reflecting blanket
- Headlamp
- Whistle
- Sunscreen
- Insect repellent

FIRST AID KIT CHALLENGE

Find your home first aid kit, and see if you have all the supplies listed below. If not, try finding them and adding them to your kit. If you don't have a kit, use this checklist to build one!

First Aid

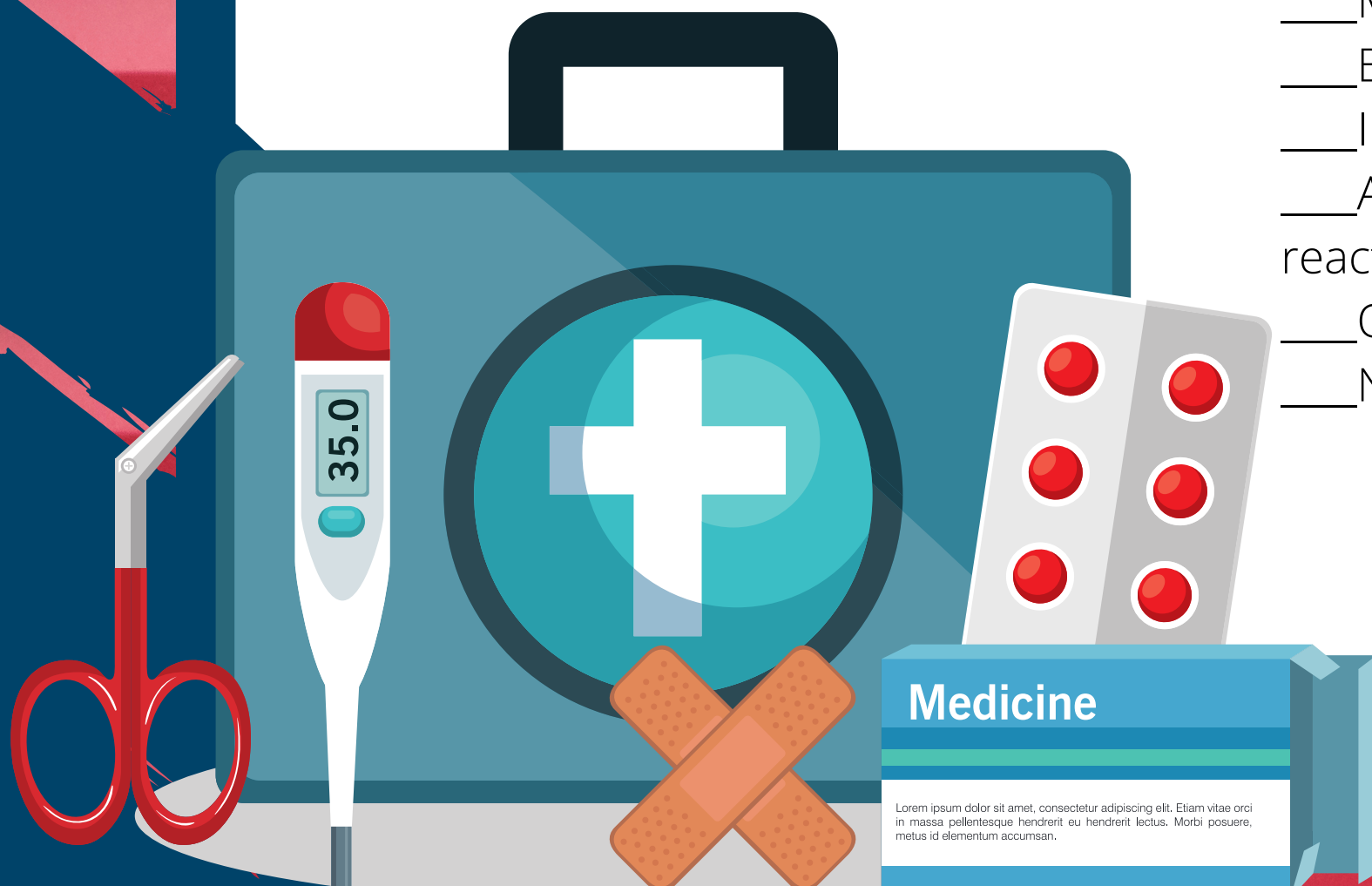
- Antiseptic wipes
- Antibacterial ointment
- Assorted adhesive bandages
- Butterfly bandages
- Gauze pads (various sizes)
- Nonstick sterile pads
- Medical adhesive tape
- Blister treatment
- Insect-sting relief treatment
- Antihistamine to treat allergic reactions.
- One way valve or mask
- Non-latex gloves

Wraps, Splints, and Wound Coverings

- Elastic wrap
- Finger Splints
- Rolled Gauze
- Medicine wrap
- First-aid cleanse pads
- Liquid bandage
- Homeostatic gauze
- Triangle Bandage

Medications/Treatments

- Hand Sanitizer
- Aloe Vera Gel
- Aspirin
- Antacid Tablets
- Throat Losenges
- Eye drops
- Poison ivy/poison oak treatment
- Insect sting relief treatment
- Ibuprofen/other pain-relief medication



Lorem ipsum dolor sit amet, consectetur adipiscing elit. Etiam vitae orci in massa pellentesque hendrerit eu hendrerit lectus. Morbi posuere, metus id elementum accumsan.