



CAR FIRST-AID KIT CHECKLIST

WOUND CARE

- Bandages of all shapes and sizes
- Butterfly closures (waterproof)
- Sterile gauze pads
- Alcohol wipes
- First aid tape
- 2nd Skin blister pads
- RockTape (for blisters)
- Antibiotic cream
- Tweezers, needle, and magnifying glass (for splinters)
- Caladryl lotion (for bug bites)
- Cortizone cream
- New-Skin liquid bandage

MEDICATIONS

- Tylenol
- Ibuprofen
- Baby aspirin
- Pepto Bismal tablets
- Antihistamine
- Tums
- Cold and flu medication
- Cough drops
- Prescription medications
- Saline eye drops

STRAINS, SPRAINS, ACHES, AND PAINS

- Arnica cream (bruises)
- Lidocain patches (sore muscles)
- Instant cold pack (sprains)
- Ace Bandage

HERBAL REMEDIES

- Garlic/mullein ear drops (infection)
- Chaga tincture (immune building)
- Dandelion tincture (indigestion)
- Crystallized ginger (motion sickness)
- Aloe vera (sunburns)
- Essential oils (lemon and lavender)

EXTRAS

- Scissors
- Digital thermometer
- Lip balm
- Lighter/matches
- Cotton balls and cotton swabs
- Sealable plastic bags
- Hand sanitizer
- Face mask
- Latex gloves
- Mylar blanket