

FIRST AID KIT

- _____ Adhesive bandages in a variety of shapes and sizes
- _____ Gauze pads in variety of sizes
- _____ Antiseptic wipes
- _____ Antibacterial cream
- _____ Butterfly bandages for open cut
- _____ Non-stick sterile pads
- _____ Adhesive medical tape
- _____ Cottonballs
- _____ Pain relievers
- _____ Tweezers
- _____ Scissors
- _____ Hand sanitizer
- _____ Saline solution
- _____ Non-latex gloves
- _____ Vaseline
- _____ Safety pins
- _____ Plastic bags
- _____ Breathing barrier
- _____ Thermometer
- _____ Medicine cup
- _____ Stretchy Ace bandage wrap
- _____ Antihistamine
- _____ Calamine lotion (bug bites)
- _____ Cough/cold medicine
- _____ Motion sickness medicine
- _____ Aloe vera for burns
- _____ Anti-diarrhea medication
- _____ Laxative
- _____ Antacids
- _____ Personal medicine (*that doesn't need fridge*) (epi-pen, etc.)

Use a plastic container to store your supplies and keep them dry. Like a plastic shoe box.

EMERGENCY ROADSIDE KIT

- ____ First Aid Kit
- ____ Jumper cables
- ____ Window scraper
- ____ Blanket, gloves and other gear
- ____ Water and granola bars
- ____ Flashlight
- ____ Tissues
- ____ Books to help pass the time
- ____ Charged cell phone/cell phone charger
- ____ Small snow shovel

- To create your own car kit, here is a list of what is recommended to be prepared.
- Using a duffle bag may make it easy to keep it all contained.
- Check seasonally to make sure both your roadside kit and first aid kit are in good working order and you have all that you need.