

Suggested First Aid Kit for Mission Teams

Discuss with your host the level of medical facilities available, and adjust this list accordingly.

Buffered aspirin (100 tablets)
Extra Strength Tylenol (100 tablets)
Oral Thermometer (glass) (2)
Alcohol (1 bottle)
Cotton balls (100)
Band Aids - medium size (1 box)
Butterfly bandages (1 box)
Q-tips (1 large package)
Sterile dressings, individually wrapped
4 x 4 gauze (10)
2 x 3 non-stick (Tefla) (10)
5 x 9 thicker abd. pads (10)
3" stretch gauze wrap (Kling) (4)
Eye pads (6)
1" paper tape (2 rolls)
2" cloth (regular adhesive) tape (1 roll)
Antibiotic ointment (1 tube)
Non-sterile exam gloves (1 box)
Instant ice pack (1)
3" Ace bandage (2)
Finger splint (2)
Wrist splint (1)
Calamine lotion (1 small bottle)
Single use syringes (4)
Toothache / oral pain medicine (1)
Imodium A-D caplets (2 packages)
Pepto-Bismol tablets (2 packages)
Laxative (1 package)
Myoflex or BenGay (1 tube)
Snake bite kit (1)
Cough drops (1 package)
Cough syrup (1 small bottle)
Benadryl (1 package)
Vaseline (1 jar)
Eye drops (1 small bottle)
Blood Pressure cuff (1)
Stethoscope (1)
Temporary tooth glue (to glue cap on tooth) (1)
Hibiclens (1 bottle)
1% Hydrocortisone cream (1 large tube)
Sutures, assorted (1) (Only if a medical professional is part of your team. Superglue works as a temporary closure)
Hydrogen peroxide (1 bottle)
Handiwipes (20)
Motion sickness medication (1)
Tweezers (1)
Scissors (1)
Nitroglycerine, sub lingual (1 package)