

PREPAREDNESS CHECKLISTS

Make a first-aid kit for your home and for each of your automobiles.
One first-aid kit should be part of a basic survival kit.

First-aid kit checklist

Kit last updated _____

Basic kits should include the following supplies:

- Sterile adhesive bandages, assorted sizes
- Sterile gauze pads, assorted sizes
- Hypoallergenic tape
- Sterile roll bandages, assorted sizes
- Scissors
- Tweezers
- Needles
- Pre-moistened towelettes
- Antiseptic
- Thermometer
- Tube of petroleum jelly
- Safety pins
- Antibacterial soap
- Latex gloves
- Sunscreen
- Aspirin or other pain reliever
- Anti-diarrhea medication
- Antacid
- Laxative

Car survival kit

Kit last updated _____

Basic kits should include the following supplies:

- Blanket
- Nonperishable food and bottled water
- First-aid kit
- Flashlight with extra batteries