

## Team First Aid Kit

The following items were suggested by one of our experienced mission teams to be included in your team first aid kit.

### First Aid Kit items

1. Aspirin – Tylenol – Ibuprofen
2. Benadryl 25 mg (hives and allergic reactions)
3. Imodium (diarrhea)
4. Pepto Bismal tabs (GI upset)
5. Cystex tabs (U.T.I.)
6. Stool softener / laxative
7. Decongestant/Antihistamine (Sudafed/Claritin)
8. Cough medicine
9. Hydrocortisone cream (flea bug bites/ rashes)
10. Variety of Band-Aids
11. First Aid cream
12. 4 x 4 bandages
13. 3" roll of gauze
14. Some good first aid tape
15. Eyeglass repair kit
16. Eye wash (Visine)
17. Saline solution to irrigate eyes & wounds)
18. Sling
19. Neosporin ointment
20. Instant ice pack (2 or 3)
21. Bandage scissors
22. Small tweezers
23. ACE bandage wrap
24. Antiseptic to clean wounds (alcohol swabs)
25. Temp-a-Dent (temporary dental filling)