



Family Vehicle First Aid Kit Checklist



What your busy family really needs on the go!

Pain, Fever, & Wounds

- ◇ Triple Antibiotic Cream _____
- ◇ Ibuprofen _____
- ◇ Acetaminophen _____
- ◇ Band-Aids _____
- ◇ _____
- ◇ _____
- ◇ _____
- ◇ _____

Itch, Allergy, Bite & Sting

- ◇ Hydrocortisone _____
- ◇ Chewable Allergy Tabs _____
- ◇ Chewable Antihistamine Tabs _____
- ◇ Regular Allergy Tabs _____
- ◇ Regular Antihistamine Tabs _____
- ◇ Regular Decongestant Tabs _____
- ◇ _____
- ◇ _____

Skin Care

- ◇ Sunblock Stick _____
- ◇ Sunblock Spray _____
- ◇ Sunblock Lotion _____
- ◇ Bug Spray/Wipes _____
- ◇ Regular Body Lotion _____
- ◇ Eczema Itch Lotion/Cream _____
- ◇ _____
- ◇ _____

Feminine Hygiene

- ◇ Panty Liners _____
- ◇ Regular Pads/Tampons _____
- ◇ Teen or Sport Pads _____
- ◇ Feminine Cleansing Wipes _____
- ◇ Feminine Anti-Itch Wipes _____
- ◇ Hemorrhoid/Witch-Hazel Wipes _____
- ◇ _____
- ◇ _____

Bandages & Sports Wraps

- ◇ Rolled Gauze _____
- ◇ Gauze Pads _____
- ◇ Waterproof First Aid Tape _____
- ◇ Self-Stick Sports Wrap _____
- ◇ Reusable Cotton Wrap _____
- ◇ Finger Sleeves/Wrap _____
- ◇ Scissors _____
- ◇ Muscle Cream _____

Eyes, Ears, Hands & Noses

- ◇ Hand Sanitizer _____
- ◇ Tissues _____
- ◇ Wet Wipes _____
- ◇ Saline Nasal Spray _____
- ◇ Eye Drops _____
- ◇ Ear Ache/Swimmer Drops _____
- ◇ _____
- ◇ _____

Miscellaneous

- ◇ Pocket Tool/Knife _____
- ◇ Tweezers _____
- ◇ Nail Clippers _____
- ◇ Vaseline _____
- ◇ Body Powder _____

- ◇ Chewable Stomach Relief _____
- ◇ Imodium _____
- ◇ Flashlight _____
- ◇ Extra Ziploc Bags _____
- ◇ _____

- ◇ _____
- ◇ _____
- ◇ _____
- ◇ _____
- ◇ _____