

First Aid Kit Recommendations:

10% household bleach to disinfect (1 bottle)
4" sterile gauze pads (several)
4" gauze pads for bandaging large cuts
Ace bandage (4+)
Adhesive tape 2" wide (2 rolls +)
Anti-inflammatory (ibuprofen, Motrin, etc.)
Antiseptic hand cleaning towels
Assorted sized sterile adhesive bandages /
 Band-Aids for small cuts (10 – 12 assorted)
Biohazard bags 3-5 gallon-size
Cold compress(s)
Eye dropper
Laxative & an Anti-diarrhea medication
Lubricant
Nitrile medical exam gloves (6 pair +)
Pain reliever (aspirin or acetaminophen)
Roller bandage 2" wide (2 +)
Space blanket
Scissors (good pair of medical scissors)
Thermometer
Triangular bandages (4 +)
Tweezers
Wire SAM splint

[Terri Stewart
CERT Program Coordinator
Ashland Fire & Rescue
455 Siskiyou Blvd.
Ashland, Oregon 97520]