



Suggested First Aid Kit for Mission Teams

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

- Extra Strength Tylenol (100 tablets)
- Buffered aspirin (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 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)
- 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)
- Temporary tooth glue (to glue cap on tooth) (1)
- Hibiclens (1 bottle)
- 1% Hydrocortisone cream (1 large tube)
- Hydrogen peroxide (1 bottle)

- Handiwipes (20)
- Motion sickness medication (1)



- Tweezers (1)
- Scissors (1)
- Nitroglycerine, sub lingual (1 package)

Only if a medical professional is part of your team.

- Sutures, assorted (1) (Superglue works as a temporary closure)
- Single use syringes (4)
- Blood pressure cuff
- Stethoscope