

# CROSS OFF THE THINGS YOU HAVE!



Sterile adhesive bandages (assorted sizes)  
Assorted size of safety pins  
Cleaning agent/soap  
Latex gloves (2 pairs)  
Sunscreen \*yes we mean you\*  
2-in and 3-in roller bandages (3 each)  
2-in and 4-in sterile gauze pads (4-6 each)  
Non-prescription drugs  
Needle  
Tweezer  
Thermometer  
Antiseptic  
Tongue blades (2)  
Lubricant  
Moistened towelettes  
Scissors

Disaster  
Supplies:  
First Aid

