

Bug Out First Aid Kit Checklist

Trauma First Aid Items

- Blood Clotting Agent** x2
- Burn Salve** x1
- Chest Seal** x2
- CPR Mask** x1
- Selection of Gauzes** x5
- Suture Kit** x1
- Tourniquet** x1
- Trauma Pad** x2

Mobility First Aid Items

- Ace Bandage** x2
- Moleskin** x5
- Splint** x1
- Triangle Bandage** x1

General First Aid Items

- Ammonia Inhalants** x2
- Antibacterial Cream**
- Antibiotics**
- Anti-diarrheal medicine**
- Band-Aids** x10
- Butterfly Strips** x10
- Latex Gloves** x2
- Medical Tape**
- Pain Relievers**
- Superglue**

Instruments

- EMT Shears**
- EpiPen**
- Tweezers**

Emergency Contact

Medical _____
Police _____
Fire _____