

# Medical Kit Contents

Everyday Carry (EDC) items are not in your Medical Kit but carry on your person everyday:

- Cell phone
- Mini LED light
- ID
- Pocket knife
- Pen
- Cash

This is a sample list for an urban resident. Everyone's Medical Kit will be slightly different.

- Nylon bag to hold everything
- PPE and tools including:
  - N-95 masks (at least 4)
  - Non-latex gloves (at least 8 pair)
  - Glasses or goggles
  - Hand Sanitizer
  - CPR Barrier
  - EMT Scissors
  - Tweezers
  - First Aid Guide
  - Pen light
  - Magic marker (waterproof)
  - Baggies (quart or gallon)
- Wound cleaning including:
  - Sterile Drinking Water or Saline Rinse or Eye Wash
  - Alcohol Wipes
  - Tissues
- Dressings and bandages including:
  - Trauma Dressings
  - Combat Bandages (Israeli, Olas or H&H compression bandages)
  - 4x4 Gauze Dressings
  - Roller gauze
  - Adhesive Tape (Cloth or paper)
  - Band-Aids
  - Butterfly closures or Steri-Strips
  - Antibiotic ointment
  - Eye pads
  - Sanitary napkins (excellent absorbent dressings)
  - Tourniquet
- Splinting and Environmental including:
  - SAM type splint
  - Triangular Bandages
  - Elastic Bandage
  - Space Blanket
  - Instant cold compress