

Mini-First Aid Kit List

This is a much smaller version of the First Aid List already posted. It is “size appropriate” for your bug-out bag (BOB). It is also appropriate for those who can’t afford a larger kit. The PODS should be stocked with the Full First Aid Kit List, but for your BOB or home this smaller kit will not be a budget buster. A few people (1-4) could put together this smaller kit out of supplies from the full-size First Aid Kit and still have plenty of supplies left over to stock the POD.

- 1 13” x 9” zipper case with plenty of pockets and loops to hold these supplies
- 15 Regular size adhesive bandages (Band-Aids)
- 5 Large adhesive bandages
- 2 Sterile ABD dressings 5” x 9”
- 3 Non-Stick (Telfa-brand) sterile dressings 3” x 4”
- 20 Non-sterile 4 x 4 gauze squares
- 10 Sterile 4 x 4 gauze squares
- 2 Eye pads
- 1 Roll Kerlix sterile gauze
- 1 4” Ace wrap
- 1 Israeli battle dressing
- 1 Roll cloth medical tape 1” x 10 yards
- 1 Duct tape 2” x 5 yards.
- 1 Moleskin sheet 3” x 4” for blisters
- 1 Triangle bandage with safety pins
- 1 Package (2 sheets) steri strips
- 5 Pairs non-sterile nitrile gloves
- 1 10-15 gram tube Triple Antibiotic Ointment
- 10 Alcohol wipes
- 10 Povidone-iodine wipes
- 10 BZK antimicrobial wipes (cleaning instruments or animal bites)
- 1 Small bottle bug bite or sting relief liquid
- 1 2 gram Celox hemostatic agent
- 1 Small packet cayenne powder (to stop bleeding)
- 1 Small nail scissors
- 1 5” straight hemostat clamp (also known as a “roach clip”)
- 1 Packet 2-0 nylon suture
- 1 Small tube super glue (to glue shut smaller lacerations)
- 1 LED penlight or similar small LED flashlight
- 1 Stainless steel 7.25” bandage scissors
- 1 Tweezers