

PRINT ON WATERPROOF PAPER
TRIM CONTENTS LIST TO JUST OUTSIDE OF THE EDGE BORDER
BACK SIDE OF LIST CAN BE USED FOR NOTES WITH PEN OR PENCIL

LEVEL I / MOD II P-FAK
[Personal First-Aid Kit]

S U P P L I E S

(2)	4x4 Gauze Pad	(6)	1/2" Band-Aid
(2)	4x4 Non-Stick Pad	(6)	3/4" Band-Aid
(1)	5x9 Trauma Pad	(2)	2" Band-Aid
(1)	25gm Quick Clot	(2)	1/4" Steri-Strip
(4)	Nitrile Glove	(2)	1/2" Steri-Strip
(1)	Razor Blade	(4)	Butterfly Closure
(4)	Alcohol Pad	(1)	Instant Glue
(1)	Splinter Tweezers	(1)	3-0 Nylon Suture
(1)	1" Adhesive Tape	(1)	4-0 Nylon Suture
(1)	1" Self-Adhesive Wrap	(1)	10cc Syringe
(1)	Duct Tape	(1)	18ga Needle
(1)	Moleskin	(2)	Tegaderm
(1)	Tincture Benzoin	(2)	Safety Pin

M E D I C A T I O N P A C K

- (12) 500mg **Acetaminophen** (Tylenol) - **PAIN / FEVER**
2 tab by mouth every 4 hours
- (16) 200mg **Ibuprofen** (Motrin / Advil) - **PAIN / FEVER**
3-4 tab by mouth every 6 hours
- (4) 25mg **Diphenhydramine** (Benadryl) - **ITCHING / SLEEP**
1-2 tab by mouth every 4-6 hours
- (4) 2mg **Loperamide** (Lomotil) - **DIARRHEA**
2 tab by mouth x 1 then
1 tab by mouth after each loose stool
- (4) 10mg **Famotidine** (Pepcid) - **ACID REFLUX**
1-2 tab by mouth at night
- (2) **Sting Relief Pad** - **INSECT BITE RELIEF**
- (1) **Betadine** - **WOUND CARE**
- (2) **Antibiotic Ointment** - **WOUND CARE**