

Emergency Kit Checklist

- Take CPR class

Keep handy in home:

- Poison Control number (1-800-222-1222)
- Child's doctor's name, office location and phone number
- Child's dentist's name, office location and phone number
- Names and dosages of medications child takes
- Allergies to medications
- List of child's medical problems (asthma, diabetes, etc.)
- First Aid Book

In-home kits should contain:

- Non-latex (if possible) disposable gloves x2
- Flashlights with extra batteries
- Scissors
- Tweezers
- Vaseline or petroleum jelly
- CPR mask
- Instant heat packs
- Ice packs
- Thermometer
- Bulb syringe
- Saline
- Gauze pads and bandage tape to secure
- Hand sanitizer
- Hydrogen Peroxide to clean wounds
- Alcohol wipes
- Bandages and Band Aids in different sizes
- Ace wrap
- Medicine dropper or syringe x2
- Prescription medication that child takes along with devices needed for monitoring or administering
- Fun stickers for the child

Extras for car kits:

- Blankets
- Water
- Non-perishable foods
- Instant ice and heat packs
- CPR mask
- Pen, pencil and notepads
- Plastic bag for clothes, gauze or other materials used to handle blood
- Sticker on each child's carseat with
 - Child's name and address, name and contact information of guardian, medications child takes, allergy info

OTC Medications:

- Ibuprofen
- Acetaminophen
- Diphenhydramine (Benedryl) – for allergic reactions
- Antibiotic ointment/cream
- Hydrocortisone cream
- Barrier cream for diaper area