



Dallas Moms Blog.org

emergency & first aid kit supply list

- **bandaids** *(in various sizes for all kinds of scrapes and cuts)*
- **spray pain reliever/antiseptic**
- **gauze pads and elastic tape** *(for wounds not easily covered with bandaids)*
- **underwear** *(one for each child in the family)*
- **sunscreen** *(for times of unexpected outside play)*
- **safety pins** *(a quick fix for loose clothing)*
- **paper towels or an old rag** *(for nosebleeds!)*
- **plastic bag** *(use as a barf bag or for soiled clothing)*
- **wet wipes** *(i prefer individually sealed because they don't dry out as quickly)*
- **small package of tissues**
- **flashlight**
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