**Suggested First Aid Kit for Mission Teams**Discuss with your host the level of medical facilities available, and adjust this list accordingly.

* Extra Strength Tylenol (100 tablets)
* Buffered aspirin (100 tablets)
* Oral Thermometer (glass) (2)
* Alcohol (1 bottle)
* Cotton balls (100)
* Band Aids - medium size (1 box)
* Butterfly bandages (1 box)
* Q-tips (1 large package)
* Sterile dressings, individually wrapped
* 4 x 4 gauze (10)
* 2 x 3 non-stick (Tefla) (10)
* 5 x 9 thicker pads (10)
* 3” stretch gauze wrap (Kling) (4)
* Eye pads (6)
* 1” paper tape (2 rolls)
* 2” cloth (regular adhesive) tape (1 roll)
* Antibiotic ointment (1 tube)
* Non-sterile exam gloves (1 box)
* Instant ice pack (1)
* 3” Ace bandage (2)
* Finger splint (2)
* Wrist splint (1)
* Calamine lotion (1 small bottle)
* Toothache / oral pain medicine (1)
* Imodium A-D caplets (2 packages)
* Pepto-Bismol tablets (2 packages)
* Laxative (1 package)
* Myoflex or BenGay (1 tube)
* Snake bite kit (1)
* Cough drops (1 package)
* Cough syrup (1 small bottle)
* Benadryl (1 package)
* Vaseline (1 jar)
* Eye drops (1 small bottle)
* Temporary tooth glue (to glue cap on tooth) (1)
* Hibiclens (1 bottle)
* 1% Hydrocortisone cream (1 large tube)
* Hydrogen peroxide (1 bottle)
* Handiwipes (20)
* Motion sickness medication (1)
* Tweezers (1)
* Scissors (1)
* Nitroglycerine, sub lingual (1 package)

***Only if a medical professional is part of your team.***
* Sutures, assorted (1) (Superglue works as a temporary closure)
* Single use syringes (4)
* Blood pressure cuff
* Stethoscope