



Basic First Aid Kit

Prepared by the Health Consultant Team at Child Care Aware® of North Dakota

First aid supplies should be stored in a closed container, accessible to the child care provider at all times, but out of the reach of children. Using a fanny pack or backpack to carry the content of a first-aid kit may be helpful when playing outside, going on a walk or field trip, etc. The kit should be restocked after an item is used.

A basic first aid kit should contain the following items:

- Roll of gauze
- Sanitary feminine pad (to cover a bloody wound and stop bleeding)
- Tape
- Band-aids
- Cold pack
- Tissues
- Hand sanitizer
- Gloves
- Ace Wrap
- Arm Sling (large dish towel)
- Plastic grocery store bag– for bloody garbage
- Old gift card – to scrape out a bee/wasp stinger
- Bottle of water
- Two safety pins
- Scissors