



# DREAM

The Village Mentoring Organization

**First Aid Kit Essentials**  
[dreamprogram.org](http://dreamprogram.org)

 The DREAM Program  
 @DREAMprogram

- 4 latex gloves & 4 non-latex gloves
- 4 alcohol prep pads for sterilizing wounds and blisters
- 3 iodine swabbies for sterilizing wounds
- 10 assorted bandaids
- 1-extra large bandaid
- 1-ace bandage and 2 clips or safety pins
- 3 4x4 or 3x3 gauze
- 2 2x2 gauze
- 1 non-clinging gauze pad to cover burns or severe scrapes
- 1 rolling gauze wrap
- 1 roll of 1" athletic/first aid tape
- 2 tampons
- 5 packets of Tylenol
- 2 triangular bandages
- 4 safety pins for affixing above
- 6 Benadryls for allergic reactions
- 1 Bacitracin in topical antibiotic cream packets
- 6 sugar packets
- 1 paper and pencil
- 1 whistle