



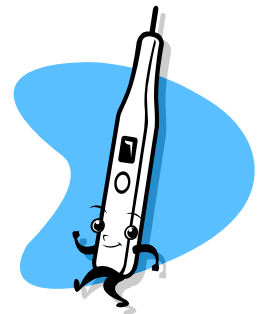
Medicine Chest Checklist



You will need a well-stocked and up-to-date medicine chest and First Aid Kit to tend to your children's illnesses and injuries.

Medical and first-aid supplies

- Digital thermometer (most can be used rectally or under the armpit)
- Babies non-aspirin liquid pain reliever such as Tempra/Tylenol/Motrin
- Topical calamine lotion (0.5% Hydrocortisone) for insect bites and rashes
- Rubbing alcohol to clean thermometers, tweezers, and scissors
- Petroleum jelly or a water-soluble lubricant (for rectal thermometers)
- Polysporin antibacterial ointment for cuts and scrapes
- Syrup of Ipecac
- Tweezers for removing splinters and ticks
- Saline Drops and a nasal aspirator to loosen mucus
- Adhesive bandage strips in various sizes and shapes
- Gauze rolls (1/2 to 2" wide) for making bandages
- Gauze pads (2x2" and 4x4 ") for making bandages and applying pressure to stop bleeds
- Adhesive tape for making bandages
- A pair of sharp scissors for cutting gauze and tape
- Cotton balls for applying liquids (like calamine lotion) and for cleaning supplies with alcohol
- Mild liquid soap for cleaning cuts and scrapes
- An oral syringe for administering medicines that don't come with a measuring dropper
- Children's Benadryl – an anti-histamine medication for allergic reaction such as hives
- Gripe Water/Ovol -to address colic, gas or hiccups
- Rehydration fluid such as Pedialyte solution for hydration after vomiting or diarrhea
- Vitamin D Drops – exclusively for breastfed babies



- A heating pad for minor aches and pains
- An instant cold compress to reduce swelling that comes with minor bumps and bruises
- A small flashlight for checking your baby's nose, ears, and mouth
- First-aid manual – please click on [Canadian First Aid Manual](#)
- Rattle or favourite toy to distract your baby if needed



Baby Care Supplies

- Baby nail clippers or a small nail file for trimming your baby's nails
- Baby-safe sunscreen lotion
- Baby-safe insect repellent
- Baby shampoo or baby wash
- Baby moisturizing cream
- Diaper rash cream
- Sterilized cotton balls
- Cotton-tipped swabs
- Washcloths for cleaning your baby's body and caring for gums and emerging teeth
- Teething toys or topical pain relief gel (check with your doctor before using)
- A soft-bristled baby brush (especially helpful for handling cradle cap)
- Cold-mist vaporizer or humidifier to relieve cold symptoms
- If your child has a life-threatening allergy, keep an epinephrine kit with you at all times

