

# MEDICINE CABINET CHECKLIST

To prepare for minor childhood injuries as well as common illnesses, keep your medicine cabinet stocked with the following essentials.

## Medications



- 1% HYDROCORTISONE CREAM**
- ANTIBIOTIC CREAM**
- ANTIHISTAMINES**  
(Zyrtec® or Benadryl®)
- COUGH AND COLD RELIEF**  
(for children 12 years and older)
- NASAL SALINE DROPS OR SPRAY**
- PAIN AND FEVER REDUCERS**  
(ibuprofen or acetaminophen)
- PEDIALYTE®**
- PETROLEUM JELLY PRODUCTS**  
(Vaseline® or Aquaphor®)
- SUNSCREEN**

## First Aid Tools



- ALCOHOL WIPES**
- BANDAGES IN A VARIETY OF SIZES**
- COTTON BALLS/SWABS**
- EYEWASH CUP FOR EYE INJURIES**
- GAUZE**
- ICE AND HEAT PACKS**
- SMALL BOTTLE WITH WATER FOR RINSING CUTS**
- SELF-ADHESIVE WRAPS FOR MINOR SPRAINS**
- TWEEZERS**
- WIPES AND TISSUES**

## Other Tools



- MEDICATION DISPENSER**  
(syringes or cups or droppers)
- NASAL SUCTION BULB OR TUBE**
- THERMOMETER**
- WATERPROOF SICKNESS BAGS OR A REUSABLE CONTAINER**



## Children's National®

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