

Protect Life 250 – Complete First Aid Kit Contents

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This document summarizes the contents of the Protect Life First Aid Kit based on official product images and manufacturer/distributor listings (Amazon). Some quantities are listed as shown in the official product images and may vary slightly depending on batch or edition.

Category	Included Items	Use / Purpose
Cleaning Solution	1 Saline Solution	Initial wound cleaning and debris flushing
Adhesive Bandages	50 Medium Adhesive Bandages	Protection for cuts and scrapes
Adhesive Bandages	30 Junior Adhesive Bandages	For hands and sensitive skin
Adhesive Bandages	10 Mini Adhesive Bandages (mini-kit)	Additional small bandages
Adhesive Bandages	5 Knuckle Bandages	For curved areas such as knuckles
Adhesive Bandages	5 Fingertip Bandages	Finger protection
Adhesive Bandages	2 Knee/Elbow Bandages	Flexible bandages for joints
Adhesive Bandages	10 Butterfly Closure Bandages	Closing deeper cuts
Sterile Gauze & Dressings	8 Sterile Gauze Pads	Coverage for medium to large wounds
Sterile Gauze & Dressings	2 Eye Pads	Eye injury protection
Sterile Gauze & Dressings	1 Large Trauma Pad	Bleeding control and compression
Antiseptic Preparation & Cleaning	20 First Aid Prep Pads	Basic wound cleansing
Antiseptic Preparation & Cleaning	6 Povidone-Iodine Prep Pads	Stronger antiseptic disinfection

Antiseptic Preparation & Cleaning	10 Antiseptic Cleansing Wipes	Surface skin cleaning
Basic Tools	1 Metal Scissors	Cutting bandages, clothing, or gauze
Basic Tools	1 Metal Tweezers	Removing splinters or foreign objects
Basic Tools	10 Safety Pins	Securing bandages or improvised slings
Personal Protection / Hygiene	4 Disposable PVC Gloves	Protection and cross-contamination prevention
Support & Survival	1 Emergency Mylar Blanket	Heat retention / hypothermia prevention
Support & Survival	1 Whistle	Audible emergency signaling
Support & Survival	1 Glow Stick	Battery-free emergency light
Support & Survival	1 Compass	Basic navigation tool
Support & Survival	4 Sting Relief Pads	Relief from insect bites and minor irritation
Support & Survival	1 Disposable Instant Ice Pack	Swelling and bruise reduction
Support & Survival	1 Moleskin Blister Relief	Blister and chafing protection
Support & Survival	1 Triangular Bandage	Sling, support, light immobilization
Tape & Additional Support	1 First Aid Tape Roll	Securing gauze, bandages, or dressings
Bonus Mini Kit (Supplemental Kit)	10 Adhesive Bandages	Extra bandages
Bonus Mini Kit (Supplemental Kit)	5 Junior Adhesive Bandages	Additional small bandages
Bonus Mini Kit	2 Knuckle Bandages	Finger / flexible bandages

(Supplemental Kit)		
Bonus Mini Kit (Supplemental Kit)	2 Fingertip Bandages	Extra fingertip protection
Bonus Mini Kit (Supplemental Kit)	10 Cotton Swabs	Cleaning and application
Bonus Mini Kit (Supplemental Kit)	1 Adhesive Wound Dressing Pad	Extra large adhesive dressing
Bonus Mini Kit (Supplemental Kit)	4 Alcohol Prep Pads	Additional antiseptic cleaning
Bonus Mini Kit (Supplemental Kit)	5 Safety Pins	Additional fasteners
Bonus Mini Kit (Supplemental Kit)	2 Sting Relief Pads	Extra insect bite relief

 Note

For the complete and fully confirmed manufacturer list, please refer to the official Protect Life website or the instruction manual included with the product.

[See the Protect Life 50-piece first aid kit on Amazon.](#)