



Eczema Emergency Kit

This list is just a suggestion; feel free to add or remove items to suit your particular needs.

- ✓ Gloves (for handling materials that may irritate skin)
- ✓ Moisturizing cream or lotion
- ✓ Antibiotic ointment
- ✓ Mild cleanser
- ✓ Alcohol-free hand sanitizer
- ✓ Adhesive bandages
- ✓ Gauze pads
- ✓ Spare bandages
- ✓ Protective clothing
- ✓ Eczema medications
- ✓ Small cooler and ice packs for meds that need refrigeration
- ✓ Bleach (for bleach baths)
- ✓ Wet wrap dressings and clothing
- ✓ List of triggers to avoid