

# first-aid kit



Print this check list to help you assemble your home-made first-aid kit or to add items to your ready-made kit. Please note that these items are the essentials and can be adapted to suit your family's needs.

## what you'll need:

- first-aid manual
- adhesive bandages (assorted sizes)
- 2 roller bandages; 1 large and 1 small
- 2 triangular bandages
- burn ointment or dressing
- 1 pack of sterile cotton wool swabs
- 4 packs of sterile gauze
- 1 pack assorted plasters
- sterile wipes
- instant cold packs
- 2 pairs of latex gloves
- 1 CPR mouthpiece
- medicine measures or disposable syringes
- 6 safety pins
- 1 roll adhesive tape
- 1 space blanket or emergency blanket
- tweezers
- 1 pair of scissors
- thermometer
- 1 tube antihistamine cream
- 1 tube anti-inflammatory cream
- 1 tube antiseptic cream or disinfectant
- 1 pack of pain tablets or syrup
- electrolyte solution or rehydration fluids
- waterless hand sanitizer
- sunscreen and after-sun lotion
- important numbers card



**\*Remember, once you have used something, or if the medicine expires, replace those items.**