

# FIRST AID CHECKLIST

## THE BARE NECESSITIES

- ICE [In Case of Emergency] card with essential information
- Any prescription medications
- Plasters
- Insect repellent
- After-bite lotion
- After sun lotion
- Over-the-counter painkillers
- Hand sanitizer

## THE FULL KIT

- Steri-strips
- Blister plasters
- Tweezers
- Gauze
- Antiseptic cleaning kit
- Cotton swabs
- Disposable latex gloves
- Thermometer
- Scissors
- Anti-diarrhoea tablets

## THE ADVANCED KIT

- Epinephrine autoinjector (EpiPen)
- Saline sachets to wash wounds
- Elasticated bandages
- Travel sickness medicine
- First aid guide