FIRST AID CHECKLIST

A basic first aid kit checklist might include:

* crepe bandages of varying widths
* hypoallergenic (skin) tape
* triangular bandages
* adhesive dressing strips (such as band-aids) in different sizes
* gauze swabs
* combine dressing pads (10cm x 10cm)
* non-stick dressing pads (7.5cm x 10cm)
* sterile eye pad
* alcohol swabs
* stainless steel scissors (sharp/blunt) 12.5cm
* disposable gloves
* stainless steel pointed splinter forceps (tweezers)
* shock (thermal) blanket
* safety pins
* notepad and permanent marker
* sterile saline tubes/sachets
* disposable resuscitation face shield
* antiseptic skin swabs
* stop itch cream
* first aid booklet