



Basic First-Aid Kit Checklist

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Small adhesive strip bandages

Large adhesive strip bandages

Assorted sizes adhesive strip bandages

Non-stick sterile gauze bandages

Sterile rolled/flexible bandages

Sterile gauze pads

Triangular bandages

Sterile bandage tape

Safety pins

Disposable latex gloves

Scissors

Tweezers

Eye wash/ eye cup

Small splints

Antiseptic spray or lotion

Burn ointment

Aspirin/non aspirin pain reliever

Anti-diarrhoea medicine

Calamine lotion or hydrocortisone cream

Small plastic cup

Thermometer

Hot water bottle

Cold pack or plastic bags for ice pack

Small paper bag for hyperventilation

Emergency contact information with phone numbers

Mobile Phone or coins for pay phones

First-aid guide

