

First Aid Kits Checklist

An organised and properly stocked first aid kit can give you peace of mind in a medical emergency.
Being prepared could help you save a life.

A basic first aid kit checklist

- You can customise your first aid kit depending on the activities you do. A basic first aid kit checklist might include:
- Crepe bandages of varying widths
- Hypoallergenic (skin) tape
- Triangular bandages
- Adhesive dressing strips (such as bandaids) 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