

First Aid Kit

| | | Other Items You May Wish To Include |
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| 1 | Nylon satchel labelled FIRST AID | |
| 1 | First aid manual | Aspirin or Tylenol |
| 6 | Triangular bandages | Sunscreen |
| 2 | Pressure bandages (non-sterile 4-1/2" x 6") | Disposable diapers |
| 6 | Abdominal pads (sterile 8" x 10") | Diarrhea medicine |
| 6 | Gauze sponges | Insect repellent |
| 1 | Pkg. gauze sponges (non-sterile 4" x 4") 25 per package | Elastic tensor bandages |
| 2 | Stretch roller gauze 4" x 5 yd. | Eye drops |
| 1 | Pair of super scissors | Thermometer |
| 1 | Roll of adhesive tape 1" x 5 yd. | Soap |
| 1 | Splinter forceps (stainless steel) | Antacids |
| 1 | Bottle of sterile water | Skin disinfectant spray |
| 1 | Laerdal pocket mask with head strap & 1 way valve | Drinking water |
| 6 | Pairs of latex gloves | Laxatives |
| 50 | Adhesive strips (assorted sizes) | Sanitary napkins |
| 2 | Pkg. eye pads (sterile) | Toilet paper |
| 1 | Bottle of Savlon antiseptic | Instant hot / cold packs |
| | | Allergy medicine |
| | | Whistle |
| | | Splints |
| | | Regular medicine (check expiry date) |
| | | Cold medicine |
| | | Tongue depressors |
| | | Spray bottle with 10% bleach solution |