

First aid kit checklist

Every home and car needs a basic first aid kit for those unexpected scrapes and bumps. This is what should be in the bag:



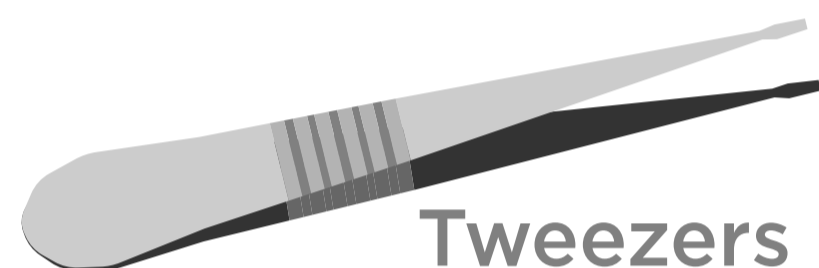
For all-round use



An up to date first-aid manual



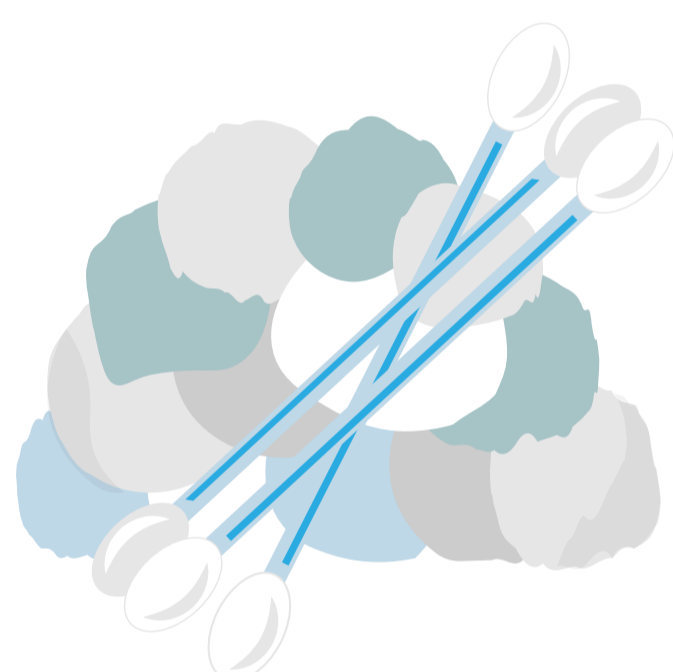
A pair of latex gloves



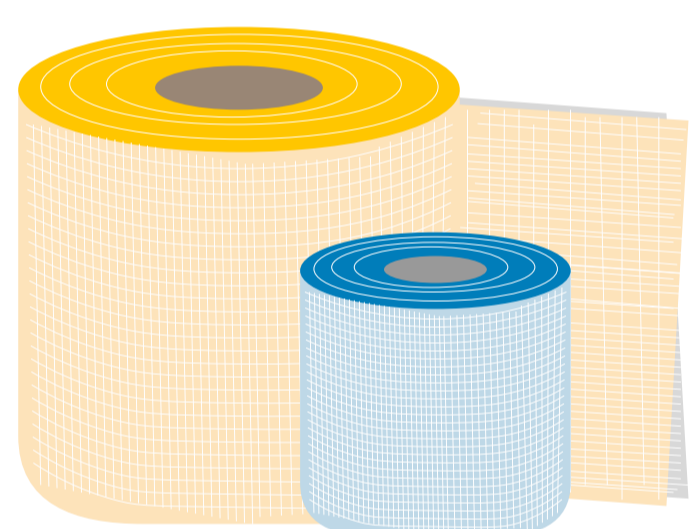
Tweezers



Sharp scissors



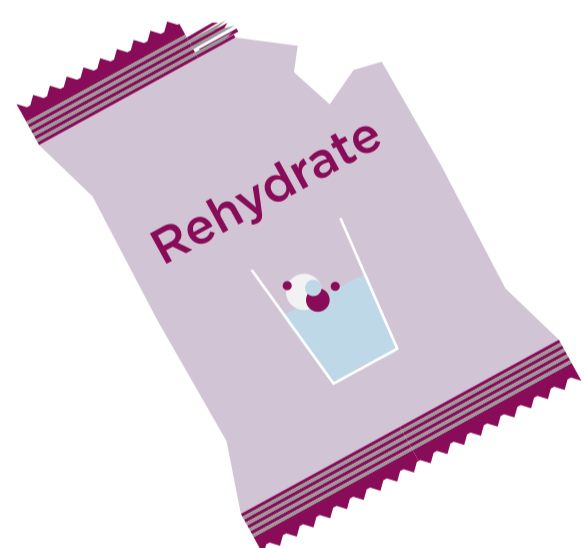
Cotton wool and cotton tipped swabs (earbuds)



Sterile gauze in different sizes

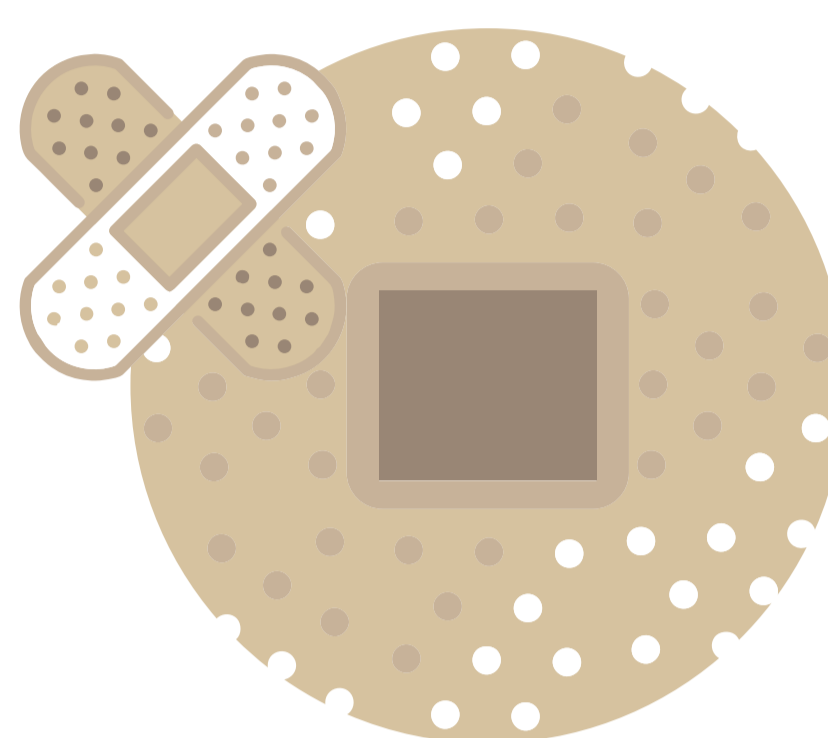


Sterile eye dressings

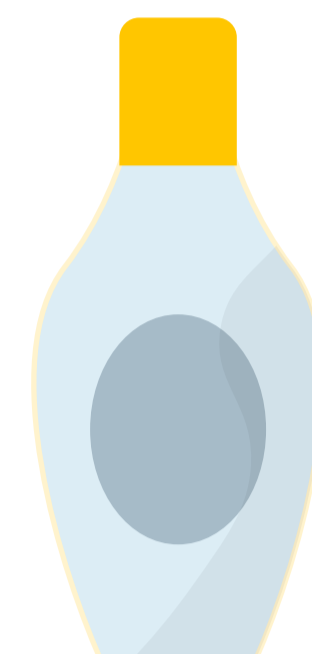


Rehydration sachets

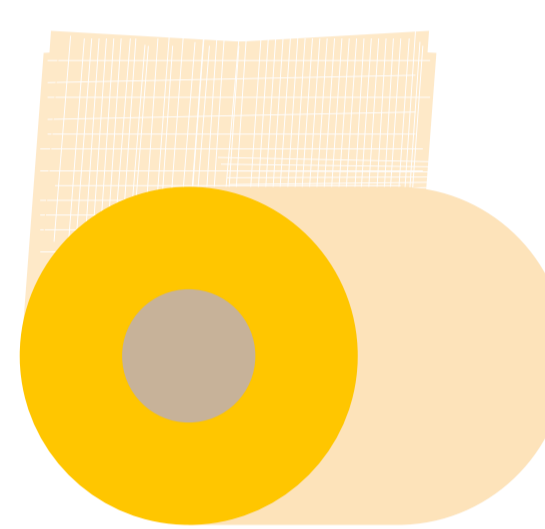
For cuts and scrapes



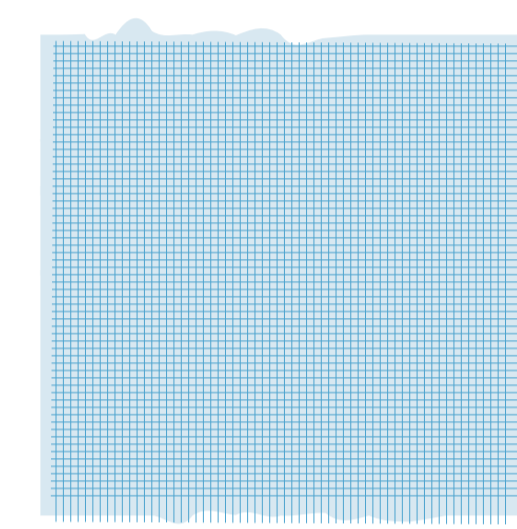
Plasters in different sizes



Antiseptic solution or antiseptic wipe



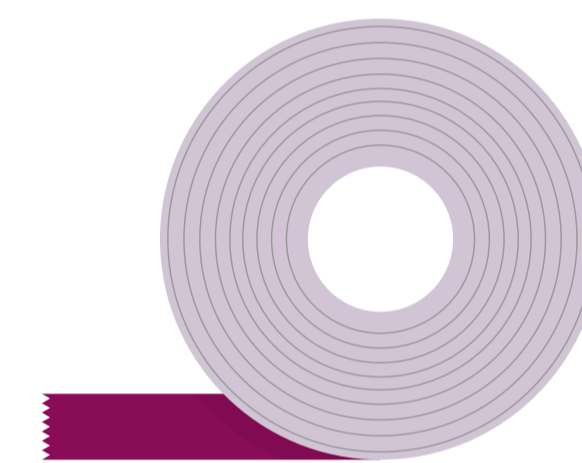
Gauze roller bandages in 2 different sizes



Sterile gauze

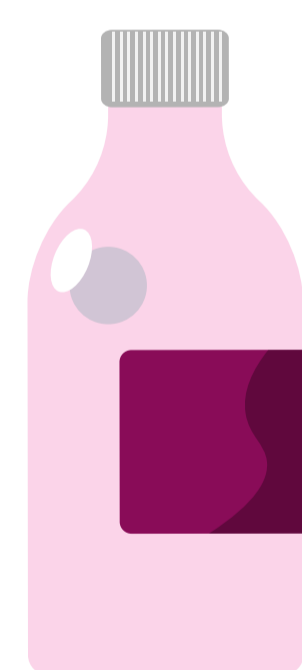


Antibiotic cream or ointment

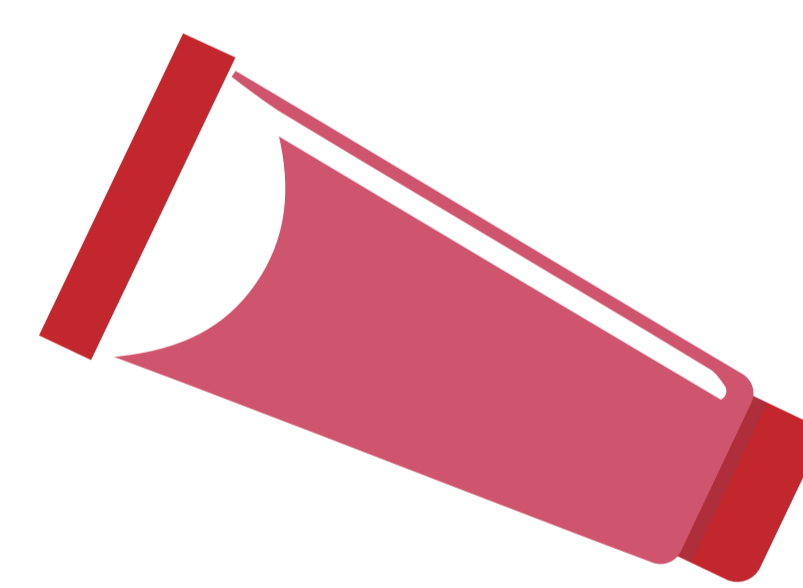


Adhesive, hypoallergenic tape

For stings and rashes

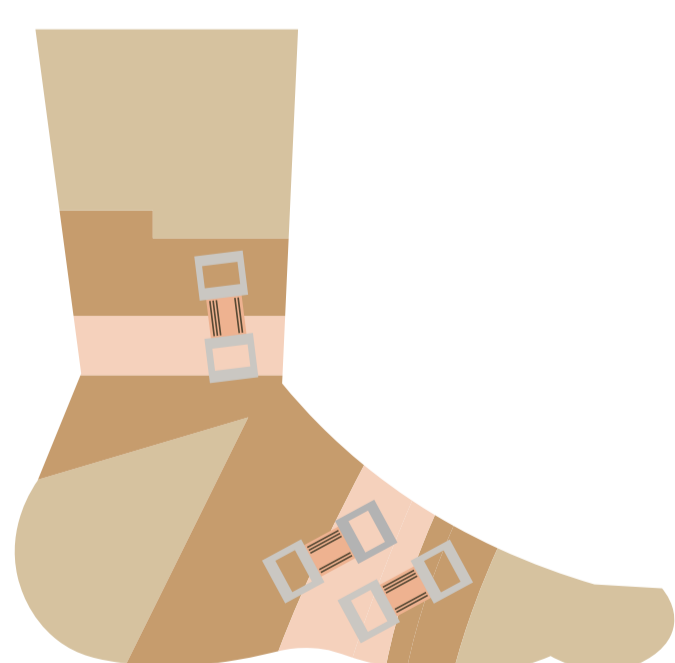


Calamine lotion



Antihistamine cream, lotion or ointment for itching

For twists, sprains and pulls

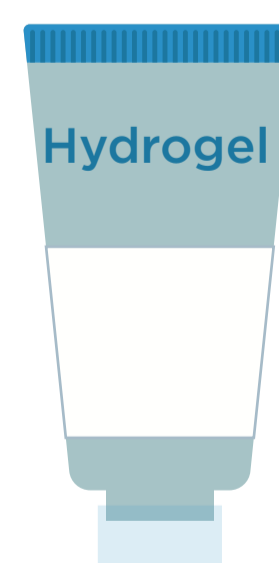


Elastic bandages, bandage clip or adhesive tape



Triangular bandage (to be used as a sling)

For burns



Hydrogel dressing



Burnshield

Very important:

Have an updated list of emergency contact numbers like ambulance, family doctor, paediatrician etc. close by.