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

Make and Share Free Checklists
checkli.com