

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 band-aids) 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

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