

FIRST AID ESSENTIALS

- ☐ Plasters in a variety of different sizes and shapes
- ☐ Small, medium and large sterile gauze dressings
- ☐ At least 2 sterile eye dressings
- ☐ Triangular bandages
- ☐ Crêpe rolled bandages
- ☐ Safety pins
- ☐ Disposable sterile gloves
- ☐ Tweezers
- ☐ Scissors
- ☐ Alcohol-free cleansing wipes
- ☐ Sticky tape
- ☐ Thermometer (preferably digital)
- ☐ Skin rash cream, such as hydrocortisone or calendula
- ☐ Cream or spray to relieve insect bites and stings
- ☐ Antiseptic cream
- ☐ Painkillers such as paracetamol (or infant paracetamol for children), aspirin (not to be given to children under 16), or ibuprofen
- ☐ Antihistamine cream or tablets
- ☐ Distilled water for cleaning wounds
- ☐ Eye wash and eye bath

