

First Aid Kit List

The following provides a basic First Aid Kit list. Use this as a starting point for creating your own bespoke First Aid Kit.

First Aid Kit

You can build a well-stocked first aid kit using these items:

- Durable non-corrosive case
- Emergency First Response Participant manuals (Primary Care, Secondary Care and Care for Children) – sourced from your First Aid Course
- Emergency phone numbers/coins/phone card
- Gloves
- Ventilation barriers
- Large absorbing dressings in various sizes
- Sterile gauze pads, various sizes
- Clinging rolled bandages, various sizes
- Adhesive bandages, various sizes
- Adhesive tape
- Non-adherent dry pads (for burns)
- Large triangular bandages to immobilize dislocations and fractures
- Sterile cotton
- Cotton tipped swabs
- Tongue depressors
- Sterile sewing needle
- Tweezers
- Safety Pins
- Pen light
- Oral thermometer
- Splints
- Emergency blanket
- Cold packs and hot packs
- Denatured alcohol
- Antiseptic solution or wipes
- Antibiotic ointment
- Hydrocortisone ointment
- Aspirin and non-aspirin pain relievers
- Antihistamine tablets
- Sugar packets, candy or fruit juice
- Activated charcoal
- Antacid and anti-diarrhea medication
- 5 day supply of all prescription medication for each family member