

# Basic First Aid Kit

A CHECKLIST FROM  
STAYATHOMEMUM.COM.AU

- |                                                            |                                                               |
|------------------------------------------------------------|---------------------------------------------------------------|
| <input type="checkbox"/> Small strip bandages              | <input type="checkbox"/> Hot water bottle                     |
| <input type="checkbox"/> Long strip bandages               | <input type="checkbox"/> Cold pack/ plastic bags for ice pack |
| <input type="checkbox"/> Assorted size strip bandages      | <input type="checkbox"/> Small paper bag                      |
| <input type="checkbox"/> Non-stick gauge bandages          | <input type="checkbox"/> Emergency contact numbers            |
| <input type="checkbox"/> Sterile flexible bandages         | <input type="checkbox"/> Basic mobile phone                   |
| <input type="checkbox"/> Sterile gauge pads                | <input type="checkbox"/> Coins for pay phone                  |
| <input type="checkbox"/> Triangular bandages               | <input type="checkbox"/> First-aid guide                      |
| <input type="checkbox"/> Sterile bandage tape              | <input type="checkbox"/>                                      |
| <input type="checkbox"/> Safety pins                       | <input type="checkbox"/>                                      |
| <input type="checkbox"/> Disposable latex gloves           | <input type="checkbox"/>                                      |
| <input type="checkbox"/> Scissors                          | <input type="checkbox"/>                                      |
| <input type="checkbox"/> Tweezers                          | <input type="checkbox"/>                                      |
| <input type="checkbox"/> Eye wash / eye cup                | <input type="checkbox"/>                                      |
| <input type="checkbox"/> Small splints                     | <input type="checkbox"/>                                      |
| <input type="checkbox"/> Antiseptic spray / lotion         | <input type="checkbox"/>                                      |
| <input type="checkbox"/> Burn ointment                     | <input type="checkbox"/>                                      |
| <input type="checkbox"/> Aspirin/non-aspirin pain reliever | <input type="checkbox"/>                                      |
| <input type="checkbox"/> Anti-diarrhoea medicine           | <input type="checkbox"/>                                      |
| <input type="checkbox"/> Calamine lotion or                | <input type="checkbox"/>                                      |
| <input type="checkbox"/> Hydrocortisone cream              | <input type="checkbox"/>                                      |
| <input type="checkbox"/> Small plastic cup                 | <input type="checkbox"/>                                      |
| <input type="checkbox"/> Thermometer                       | <input type="checkbox"/>                                      |