

# The ultimate first aid kit checklist



Check off all these items to make sure your first aid kit is ready for any situation

- Instructions on how to perform basic first aid
- A notebook and pen
- A pocket resuscitation mask or face shield
- Disposable examination gloves
- Sterile gauze pieces in 7.5cm length
- Bottles of 15ml saline solution
- Injury cleaning wipes
- Pack of 50-count fabric or plastic band-aides
- Single-use Splinter probes
- Pair of tweezers or forceps
- Bottle of 50ml antibacterial spray
- Small non-sticky injury dressing/pads
- 10x10cm-sized injury dressing/pad
- Cotton bandages
- Conforming cotton bandage
- Crepe bandage
- Scissors
- Hypoallergenic adhesive tape
- Safety pins
- Blood Pressure Control dressings
- Dressing combination pad
- Plastic bag-clip seal
- Triangular bandages
- Emergency rescue blanket
- Single-use eye pads
- Clean water
- Instant ice pack

