

First Aid Kit

A variety of first aid kits are available for purchase from your local department store, but you can choose to make your own kit. You will need to include:

- Latex gloves (2 pairs)
- Scissors
- Tweezers
- Safety pins
- Thermometer
- Sterile adhesive bandages in assorted sizes
- 5-centimetre sterile gauze pads (4-6)
- 10-centimetre sterile gauze pads (4-6)
- Triangular bandages (3)
- 5-centimetre sterile roller bandages (3 rolls)
- 10-centimetre sterile roller bandages (3 rolls)
- Cleansing agent and soap
- Moistened towelettes
- Antiseptic
- Tube of petroleum jelly or other lubricant
- Tube of antifungal or antibiotic ointment
- Sunscreen
- Non-prescription medication: aspirin or other pain reliever, anti-inflammatory, anti-diarrhea medication, antacid and laxative
- Prescription medication
- First aid manual

Assemble one first aid kit for your home and one for your vehicle. Check and replenish your kit at least once a year.