



Personal First Aid Kit List

A personal first aid kit should include:

- A large individually wrapped sterile unmedicated wound dressing
- A medium-sized individually wrapped sterile unmedicated wound dressing
- An individually wrapped triangular bandage
- An assortment of individually wrapped sterile adhesive dressings
- Two or three individually wrapped antiseptic wipes
- Melolin squares (or similar) 10x10cm or 5x5cm
- Crêpe bandage
- Adhesive dressing strip 30cm x 6cm for blisters and cuts
- Chiropody felt or moleskin
- Sun blocker or high factor sunscreen
- Zinc oxide plaster
- Large safety pins
- Small pair of scissors
- A pair of tweezers
- A few pairs of disposable latex, allergy-free, gloves.