

# first aid kits

**We all know that having a first aid kit is important... although we don't always know what to keep in them. Below is a simple first aid kit checklist for your family.**

## Reccomended Contents:

- Assorted bandage strips (Barbie and Batman tend to have the most calming effect)
- Rolls of adhsvie tape
- Sterlie gauze pads
- Cloth triangular bandages
- Safety pins
- Scissors
- Tweezers
- Barrier devices: gloves and pocket mask and/or face sheild
- Alcohol swabs or sterlie saline solution
- Polysporin or equivalent
- Splits and split padding
- Instant heat and cold packs
- Waterproof waste bag
- Thermometer
- Sugar packets
- Blanket
- Pencil and paper
- List of important phone numbers

**TIP:** Clearly label the kit **FIRST AID** and ensure everyone in the home knows where to find it and what it contains. Print out this list and include it in your kit for easy inventory. Regularly check the kit and restock necessary items.

**Keep a travel first aid kit for on the go – in your bag, in the car, on the boat and at the cottage. You never know when it will come in handy!**

**NOTE:** A quick reference guide is not a replacement for first aid and CPR training – get trained today and save a life.



**ON-SITE**  
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