

Create your own First Aid Kit checklist

MAIN ESSENTIAL ITEMS		YOUR OWN ESSENTIAL ITEMS	
Tablets			
	Aspirin or paracetamol – <i>pain or fever</i>		
	Antihistamine		
	Anti-inflammatory – <i>or arnica tablets</i>		
	Antibiotics for diarrhoea – <i>obtain from doctor</i>		
	Imodium – <i>relieve diarrhoea symptoms</i>		
	Cold and flu tablets		
	Throat lozengers		
Creams/Lotions			
	Antiseptic cream/wipes/lotion – <i>or teatree oil</i>		
	Anti-fungal cream - <i>eg. Canesten</i>		
	Anti-allergy/dermatitis cream – <i>eg. diprosone</i>		
	Anti-sting cream – <i>or teatree oil, paw paw</i>		
	Muscle cream – <i>or arnica creams</i>		
	Lip balm		
	Sunscreen		
	Insect repellent		
Medical Items			
	Band-Aids/plasters		
	Bandages – one small, one large		
	Sterile cotton pads – small & large		
	Safety pins		
	Mini scissors		
	Tweezers		
	Splinter picker/tick removal		
	Eye drops		
	Water purification tablets		