



Activity First Aid Kit Contents (personal/pack)

v01.17

Description	Qty	Check	Required
First Aid pamphlet/basic instructions (including CPR)	1		
Notebook & pencil	1		
Resuscitation mask/face shield (disposable)	1		
Nitrile powder free blue gloves (2 pack)	2		
Gauze swab 7.5cmx7.5cm (3 Pack)	2		
Saline eye wash 15ml (steri-tube)	2		
Wipes – Antiseptic sachets	4		
Wipes – Alcohol sachets	4		
Band-aids	10		
Splinter probes	2		
Tweezers	1		
Scissors	1		
Safety Pins	6		
Transparent/paper tape 2.5cmx2.5m	1		
Non-adherent dressing 5cmx5cm	2		
Non-adherent dressing 10cmx10cm	1		
Conforming bandage 5cmx1.5m	1		
Conforming bandage 7.5cmx1.5m	1		
Crepe bandage 10cmx4m (or <i>Setopress</i> bandage)	1		
# 14 or #15 Wound dressing	1		
Combined dressing 10cmx20cm	1		
Triangular bandage 110cmx110cm	1		
Survival /Rescue/Thermal blanket	1		
Eye pad - sterile (single use)	1		
Burn gel sachet 3.5ml	1		
Disposable plastic bags / waste bags (plastic zip-top, varied)	2		
Butterfly closers	2		
Fingertip/knuckle band-aids	2		
Glow stick	1		
Paracetamol (optional)	6		
Aspirin (optional)	6		

**Suggested minimum contents for a personal kit*