



PERSONAL FIRST AID KIT

KIT INCLUDES:

- 1 x gauze bandage (10L x 12W mm)
- 1 x triangular bandage (960 x 960 x 1350 mm)
- 5 x alcohol preparation pads
- 6 x safety pins
- 1 x pair large vinyl disposable gloves
- 25 x fabric strip bandages (72L x 19W mm)
- 25 x PE strip bandages (72L x 19W mm)
- 1 x scissors
- 3 x zip locked waste bags
- 1 x note pad
- 1 x pencil
- 1 x basic first aid instruction sheet

TOTAL PIECES: 71

NOTE: Not all travel destinations or situations are alike. The following items may also be beneficial to add to your Personal First Aid Kit prior to departure.

- Aspirin
- Paracetamol
- Antiseptic cream/ointment
- Prescribed medications
- Calamine lotion
- Insect repellent
- Burn ointment/spray
- Hand sanitizer
- Sunscreen
- Petroleum jelly
- Feminine hygiene products
- Torch and spare batteries
- Thermometer
- Matches
- Knife

Above items are suggested inclusions only. Regularly check all items inside first aid kit to ensure they are in correct working order and have not passed any expiry or best before date.