

## First Aid Kit

- Tweezers
- Needles (for splinter extractions)
- Large cotton bandages, sling or cloth for binding areas to make compression dressings.
- Standard bandages and band aids of various sizes
- Butterfly strips for bringing the skin together. Stitches would need to be put in within around 6 hours if needed.
- Gauze rolls
- Splints
- Tape
- Stretchy Bandage (vets)
- Safety pins
- Disposable Gloves
- Magnifiers for those with eyes needing help!
- Head lamp flash light helps when lighting is poor – handy so you can keep hands free.
- Saline



### EXTRA care suggested items:

- Eye Wash Cup
- Tooth Floss
- Tongue depressors (make good finger splints).
- Hot water bottle
- Ice bag
- Thermometer
- Sun Hat
- Sun Glasses
- Face Mask
- Blanket
- Whistle
- Info paper tags in case of multiple injury and the need to share info for later carers
- Blood Pressure Kit
- Urine ph test strips