**First Aid Kit Contents Checklist**

Check the contents of your kit regularly, and ensure that:

□ items have been cleaned

□ packets are properly sealed

□ items have not exceeded expiry dates

□ previously used items have been replaced.

|  |  |
| --- | --- |
| **Basic first aid kit items:** | **Additional products:** |
| □ disposable gloves | □ antiseptic cream |
| □ non-stick wound dressings | □ sunscreen, sunburn-relief |
| □ adhesive strips (e.g. band aids) | □ eyewash cup |
| □ combine & eye pads | □ cotton buds |
| □ gauze swabs | □ finger stalls |
| □ alcohol & antiseptic swabs | □ medicine measuring cup |
| □ triangular bandages | □ thermometer |
| □ crepe bandages | □ ice pack in freezer |
| □ disposable hand towels | □ snake bite kit |
| □ stainless steel scissors |  |
| □ blunt-nosed shears | **Other** |
| □ saline solution | □ Defibrillator |
| □ safety pins | □ Epi Pen |
| □ plastic bags |  |
| □ stainless steel tweezers |  |
| □ thermo/shock blanket |  |
| □ notepad & pencil |  |
| □ bite & itch relief gel |  |
| □ cold pack (disposable) |  |
| □ CPR protection mask |  |

**In a medical emergency** **call Triple Zero (000)**

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**DRSABCD** **Danger**→ **Response**→ **Send for help** → **Airway**→ **Breathing**→ **CPR** → **Defibrillation**

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**First Aid Contents Checklist Sep 2025**