First Aid Kit Contents Checklist

* Ice packs
* Freeze spray
* Dressings
  + fabric/waterproof/clear/heel
  + finger plasters
  + sterile dressings
  + sterile eye pad
* Bandages:
  + self-adhesive roller/crepe/open weave/elasticated,
  + triangular
  + tubular bandages
* Disposable gloves
* Face shield
* Pocket mask
* Pins & clips
* Gauze pads
* Cleansing wipes – alcohol free
* Saline wound solution
* Adhesive tape
* Scissors & tweezers
* Tissues
* Hand sanitizer