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