



Category	Item	Check
Basic Supplies	Plasters (Various Sizes)	
Basic Supplies	Sterile Gauze Pads	
Basic Supplies	Adhesive Tape	
Basic Supplies	Elastic Bandages	
Basic Supplies	Antiseptic Wipes	
Basic Supplies	Tweezers	
Basic Supplies	Scissors	
Basic Supplies	Disposable Gloves	
Basic Supplies	Instant Cold Packs	
Basic Supplies	Eye Wash Solution	
Medication	Pain Relievers (Paracetamol/Ibuprofen)	
Medication	Antihistamines	
Medication	Anti-inflammatory Gel/Cream	
Medication	Anti-diarrhoea Medication	
Medication	Oral Rehydration Salts	
Medication	Cough Drops/Throat Lozenges	
Medication	Hydrocortisone Cream	
Medication	Personal Prescription Medications	
Emergency Supplies	CPR Face Shield	
Emergency Supplies	Emergency Blanket	
Emergency Supplies	Tourniquet	
Emergency Supplies	Rescue Whistle	
Emergency Supplies	Multi-tool or Knife	
Emergency Supplies	Flashlight with Batteries	
Emergency Supplies	Reflective Tape	
Emergency Supplies	First Aid Manual	
Workplace First Aid Kit	Burn Dressings	
Workplace First Aid Kit	Eye Wash Station	
Workplace First Aid Kit	Additional Bandages & Gauze	
Travel First Aid Kit	Motion Sickness Tablets	
Travel First Aid Kit	Water Purification Tablets	
Travel First Aid Kit	Insect Repellent & Bite Relief	
Travel First Aid Kit	Emergency Contact List	
Car First Aid Kit	High-Visibility Vest	
Car First Aid Kit	Reflective Warning Triangle	
Car First Aid Kit	Fire Extinguisher	
Car First Aid Kit	Seatbelt Cutter & Window Breaker	
Camping/Hiking First Aid Kit	Snake Bite Kit	
Camping/Hiking First Aid Kit	Blister Pads	
Camping/Hiking First Aid Kit	Waterproof Matches	
Camping/Hiking First Aid Kit	Emergency Food Rations	