



### First Aid kit:

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| • Crêpe bandages                               | • Small bowl                  |
| • Sticky plaster, with and without gauze strip | • Sterile Gauze Swabs         |
| • Different Dressings                          | • Surgical Gloves             |
| • 75mm Conform bandage                         | • Antiseptic Wound Cleaner    |
| • Tri-angular bandage                          | • Antiseptic ointment / cream |
| • Sterile burn dressing                        | • Sterile Gauze Swabs         |
| • CPR mouth to mouth devise                    | • Eye bath                    |
| • Safety pins                                  | • Eye drops                   |
| • Scissors                                     | • Eye pad                     |
| • Forceps /Tweezers                            | • Thermometer                 |

### Medicine Chest: (Over the counter medicines)

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| • Paracetamol Tablets              | • Diarrhea medicine and nausea treatment |
| • Anti-inflammatory tablets        | • Rehydration fluids                     |
| • Antacid Tablets or Sachets       | • Laxatives                              |
| • Gel for topical Pain relief      | • Antihistamine tablets                  |
| • Lozenges                         | • Cough mixture                          |
| • Insect repellent stick or lotion | • Suntan lotion                          |