



FIRST AID

HANDY CUT OUT & KEEP CHECKLIST

- AN EMERGENCY PLAN (SEE BELOW)
- FIRST AID MANUAL
- GOOD QUALITY BAND AIDS
- THERMOMETER
- PAIN RELIEF FOR KIDS AND ADULTS
- HOT WATER BOTTLE OR HEAT PACK
- SALINE SOLUTION / EUCALUPTUS DROPS
- STERILE GAUZE
- TAPE
- LATEX GLOVES
- GAUZE ROLL
- TWEEZERS
- COLD COMPRESS PACK
- HANDY OINTMENTS:
 - An antibacterial treatment
 - Soothing cream for bites & itches
 - Cold Sore Cream
 - Cream to soothe sore Muscles
- SHARP SCISSORS
- ALCOHOL PADS
- SALINE WOUND WASH

OPTIONAL ITEMS

- Deworming Medication
- Lice Treatment
- Sterile Pins
- Safety Pins
- Plastic Syringe for oral medication
- Flashlight
- Nail Clippers
- First Aid Manual (Quick Reference one)
- Hand Sanitizer
- Cotton wool Buds
- Cotton Wool Ear Buds (for cleaning or applying lotion to small areas)
- Baby Wipes (super handy for just about everything)

FAMILY EMERGENCY PLAN

CONTACT	PHONE NUMBER
EMERGENCY PHONE NUMBER	
DOCTOR	