

## FIRST AID KIT

### BLEEDING

- Medicated plasters
- Roll of zinc oxide plaster
- Antiseptic wipes
- TCP/Dettol
- Roller bandages (2.5cm, 5cm, 10cm)
- Gauze
- Cotton wool

### PAIN

- Paracetamol

### FRACTURES

- Large triangular bandages
- Safety pins
- {Crepe bandage (7.5cm\*4.5m)}

### SUNDRIES

- Scissors (round-nosed)
- Tweezers
- {Calamine cream}
- Eye patch
- Pencil
- Paper
- Money for phone