



HOME KIT

For a home-based kit, please make sure you include any personal items such as medications and emergency phone numbers or other items your health-care provider may suggest.

- Absorbent compress dressings
- Adhesive tape
- Elastic wrap bandages
- Bandage strips and "butterfly" bandages in assorted sizes
- Gel blister plasters
- Compound tincture of benzoin (bandage adhesive)
- Super glue
- Rubber tourniquet or 16 French catheter
- Non-stick sterile bandages and roller gauze in assorted sizes
- Eye shield or pad
- Large triangular bandage (may be used as a sling)
- Aluminium finger splint
- Instant cold packs
- Cotton balls and cotton-tipped swabs
- Disposable no latex examination gloves, several pairs
- Duct tape
- Petroleum jelly or other lubricant
- Plastic bags, assorted sizes
- Safety pins in assorted sizes
- Scissors and tweezers
- Hand sanitizer
- Antibiotic ointment
- Antiseptic solution and towelettes
- Eyewash solution
- Thermometer (preferably digital)
- Turkey baster or other bulb suction device for flushing wounds



- Sterile saline for irrigation, flushing
- Breathing barrier (surgical mask)
- Syringe, medicine cup or spoon
- First-aid manual
- Hydrogen peroxide to disinfect
- Alcohol-free cleansing wipes
- Skin rash cream (hydrocortisone, calendula)
- Antihistamine tablets
- Insect-sting relief treatment
- Painkillers (aspirin, paracetamol, ibuprofen)
- Pocket mask for CPR
- Medical health information, laminated list of personal contact numbers
- Emergency blanket
- Finger splint, SAM (structural aluminium malleable) splint
- Prescription medications
- Headlamp or flashlight
- Notepad and permanent marker
- Soap

If you have children, there are some items that could be added to your Home Kit. It is also important to keep tablets and medicines outside the children's reach. The items that can be added to the Home Kit are:

- Eyeshield or pad with elastic loop
- Sterile cleansing wipes
- Resuscitation device
- Sterile gauze swabs
- Tubular gauze
- Microporous tape
- Soothing bruise gel
- Burn ointment, sunburn ointment
- Sunscreen
- Bulb syringe
- Tooth preservation kit (sterile balanced salt solution)

For More Info:

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