

**Below are some examples to consider for a general first aid kit:**

- Non-latex gloves (several pairs): to reduce the chance of touching bodily fluids.
  - Non-latex are safer because some people may be allergic to latex. Nylon is a safer alternative.
- Face shields for rescue breathing: to reduce the chance of disease transmission.
  - These are breathing masks that prevent skin to skin contact when blowing into someone's mouth.
- Triangular bandages, about 4-6: used to tie dressing, to create slings, or to tie splints together.
- Sterile dressings of various sizes: used to control bleeding, or to cover a wound to keep it clean.
- Safety pins: used to pin dressing in place.
- Adhesive tape: to tape things together, e.g. to tape bandages and dressings.
- Splints of various sizes: to help immobilize bone or joint injuries.
- Scissors: for cutting clothing, bandages, or dressings.
- Small sugar packs: for treating diabetes - hypoglycemia.

**Other things to consider pending on your situation:**

- Spinal board.
  - Additional training required.
- Neck brace.
  - Additional training required.
- Burn kit for burn accidents.
- Water bottles/fountain: for chemicals in the eyes.
- Blanket: to treat for shock.
- Candles: incase you become stranded in a car in cold weather.
- Oxygen tank for people suffering from poor circulation.
  - Additional training is required.
- Defibrillator for heart attack casualties.
  - Additional training is required.
- If travelling check local emergency phone numbers.
- If doing excursions always tell someone where you are going and when you will be back.