

First Aid List

(List from Michelle)

Dressing

- band aids (different sizes)
- sterile gauze
- tape
- triangular ointment
- burns ointment
- normal - saline 30 ml x2

- **scissors**

- **dressing tray** (optional)

- **gloves**

- **CPR kid** (mouth piece/protective shield)

Medication

- Panadol (500mg tablet/capsule)
- Ibuprofen 200mg
- Panadol liquid (for kids)
- Loperamide (for diarrhoea)
- Loratadine (anti histamine for allergic reactions)