

Basic First Aid Kit List

1. A small bar of soap or bottle of hand sanitiser.
2. A small package of tissues. Always handy if you have a cold, or to dry your hands or clean up a wound.
3. Latex gloves. They cut the risk of infection if you are treating someone else and can prevent the spread of blood borne illnesses.
4. Cleansing wipes – alcohol wipes, or wound cleansing wipes. These are for cleaning around a cut or blister before you treat and bandage.
5. A thermometer – preferably digital. So many things start with a fever so you're going to want to know if you have one.
6. Anti-septic cream. You would use this on minor burns, cuts or grazes as it soothes but also cuts the risk of infection.
7. Skin rash cream. This helps with heat rash, stings or insect bites. Hydrocortisone 1% is good and available over-the-counter.
8. Antihistamine tablets. These can be taken for allergies, hayfever, but also for allergic reactions to some bites and stings.
9. Pain relief tablets. You probably have a drug that you like best but common ones are paracetamol, aspirin or ibuprofen.
10. Cold or flu medicine. Include the type you normally use.
11. Anti-diarrhoea medication for stomach ailments – like Imodium – in case you have short-term diarrhoea.
12. Antacids. For heartburn and indigestion.
13. Oral rehydration salts are important for dealing with dehydration – say if you've been vomiting or are overexposed to the sun. Just mix with some clean water and it will help you rehydrate.
14. Burn gel. Apply to burns and scalds – it cools the skin and protects it from infection.
15. Plasters or bandaids in various shapes and sizes are useful for those small cuts, scrapes, blisters.
16. Tweezers are handy for removing splinters, thorns, or small slivers of glass.
17. Square gauze pads and adhesive medical tape are good for addressing larger cuts or wounds that a bandaid can't handle.
18. Steri-strips – also called butterfly stitches – are strips used for closing larger cuts or wounds where you might, or might not, need stitches.
19. A triangular bandage with safety pins can be used as a sling, to wrap a sprain or to staunch a wound.
20. Small sharp scissors. These shouldn't be controversial and should be in every first aid kit but if you're travelling light and only have carry on you might lose them at airport security.