

Personal First Aid Kit

- ✓ Elastic Bandage
- ✓ Insect bite cream – small tube
- ✓ Sunscreen – small tube
- ✓ Band-aids
- ✓ Wound Dressing – large and small
- ✓ Safety pins
- ✓ Electrical Tape
- ✓ Paracetamol
- ✓ Tweezers or splinter remover
- ✓ Antiseptic cream – small tube

