

First Aid kit

recommended minimum content



WE DISCOVER, WE GROW

Girlguiding

- + At least 2 sterile eye pads
- + Safety pins or tape
- + Disposable gloves
- + Resuscitation face shield
- + Foil blanket
- + Scissors to cut clothing
- + A leaflet with general guidance on first aid
- + Individually wrapped sterile plasters of assorted sizes
- + Individually wrapped triangular bandages, preferably sterile
- + Medium and large sterile, individually wrapped, unmedicated wound dressings
- + Means of cleaning hands, such as cleaning wipes or hand sanitiser

