



Basic First Aid Kit – Recommended Contents

Keep a first aid kit readily available in your home, cottage, car, boat, workplace, and recreation area. Store it in a dry place and replace used or outdated contents regularly.

A first aid kit should contain the following:

- Emergency telephone numbers for EMS/9-1-1, your local poison control centre, and your personal doctors
- Home and office phone numbers for family members, friends, or neighbours who can help
- Sterile gauze pads (dressings) in small and large squares to place over wounds
- Adhesive tape
- Roller and triangular bandages to hold dressings in place or to make an arm sling
- Adhesive bandages in assorted sizes
- Scissors
- Tweezers
- Safety pins
- Instant ice packs
- Disposable non-latex gloves, such as surgical or examination gloves
- Flashlight, with extra batteries in a separate bag
- Antiseptic wipes or soap
- Pencil and pad
- Emergency blanket
- Eye patches
- Thermometer
- Barrier devices, such as a pocket mask or face shield
- Coins for pay phone
- First Aid Manuals or Instructions