

first aid kit

✓ TASKS

☐ Emergency contact info for local doctors and hospitals

☐ Cold pack

☐ Thermometer

☐ Medicine cups

☐ Pain reliever

☐ Cough medicine

☐ Antihistamine for hayfever and allergies

☐ Bandaid, variety of sizes

☐ Bandages, variety of sizes

☐ Tweezers

☐ Scissors

☐ Eye wash

☐ Antiseptic spray/cream

☐ Burn cream

☐ Tissues

☐ Cotton wipes

☐ After sun lotion (kept in fridge)

☐ First aid reference guide

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