

# Basic First Aid Kit Supplies Checklist

- First Aid manual
- Latex disposable gloves
- Antiseptic wipes
- Adhesive bandages — assorted
- Sterile gauze pads — assorted
- Bandage strips — assorted
- Roller bandages — assorted
- Waterproof adhesive tape
- Safety pins — assorted
- Eye pads and ointment
- Scissors
- Tweezers
- Thermometer
- Cotton Swabs
- Knife (Swiss Army Knife)
- Blanket
- Non-prescription drugs:  
*Pain tablets, Antacid, Antibiotic skin ointment, Insect bite relief, etc*
- Pad of paper, Pen

**Everyone should have a first aid kit or medical kit as part of their **Emergency Supplies**.**

Kits can be purchased through a variety of retailers; or, you can easily put your own kit together from scratch.

By making your own kit you can specialize it according to your training and/or needs, and in most cases will it cost less than a store bought one.

Whether you purchase your first aid kit or make your own, you must maintain it. Remember to:

- ◆ Check expiry dates and replace items that are **expired**  
*Many items like ointments, creams and some bandages have best before dates*
- ◆ Replace items when you use them

**You should also have a first aid kit in your vehicle, RV, boat or cabin.**

Increase your knowledge of first aid by taking Emergency First Aid training from reputable organizations such as St. John Ambulance, the Canadian Red Cross or the Lifesaving Society.

**HELPFUL HINT:** Store first aid supplies in a large, plastic zip bag to prevent contamination.

*For more emergency preparedness information visit our website at [www.burnaby.ca/getprepared](http://www.burnaby.ca/getprepared) or email [getprepared@burnaby.ca](mailto:getprepared@burnaby.ca)*



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