Suggested Items for a First Aid Kit

**Note: These are general suggestions. Each household will have their own personal needs which should also be considered.**

* Paracetamol/Ibuprofen in strengths appropriate for all in your household.
* Cough Linctus. (Honey and Lemon works just as well!)
* Throat Lozenges.
* Bite & Sting cream.
* Antihistamine cream/tablets.
* Plasters in assorted sizes.
* Alcohol-free cleansing wipes.
* Sterile gauze dressings.
* Tape.
* Crepe bandages.
* Tweezers.
* Scissors.
* Disposable gloves.
* Sunscreen.
* After Sun Lotion.