

First-aid kit

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Here are some things to have in your first-aid kit. Keep all items in a waterproof container.

- First-aid manual.
- Sterile adhesive bandages in assorted sizes.
- A dozen 2-inch and 3-inch sterile gauze pads.
- A dozen 3-inch sterile gauze pads.
- Hypoallergenic adhesive tape.
- Three triangular bandages.
- Three rolls of 2-inch sterile roller bandages.
- Three rolls of 3-inch sterile roller bandages.
- Scissors and tweezers.
- Needle, for sewing and removing splinters.
- Bar of soap in its own plastic bag or waterproof container.
- Packets of moistened towelettes.
- Antiseptic spray.
- Hydrogen peroxide, for cleaning wounds.
- Rubbing alcohol.
- Iodine, for purifying water and disinfecting wounds.
- Thermometer.
- Petroleum jelly to relieve itching.
- Ointments for burns and cuts.
- Various sizes of safety pins.
- Latex gloves.
- Aspirin, acetaminophen and antacid tablets.

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