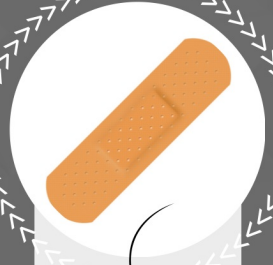


# How to put together a first aid kit



084 124

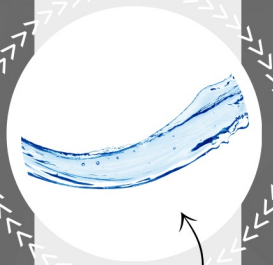
Whether you are travelling, spending time with friends or having a braai with family - Your first aid kit should always be by your side. Here's what a good first aid kit should contain...



A variety of plasters and bandages



Sticky Tape



Sealed, Distilled water



Scissors and Tweezers



A variety of ointments:  
Insect bites  
Antiseptic  
Burn remedies  
Skin rashes



A thermometer



Alcohol free cleaning wipes



Disposable sterile gloves



Safety pins



Large and medium bandages and gauze dressings