**GROUP FIRST AID KIT CHECK LIST**

This list serves as a guide only. Some groups may require additional supplies depending on the needs of the group. Please note that our First Aid Supplies on the island are for Emergencies. In the event you require additional First Aid supplies you may be charged.

* Disposable Gloves *(various sizes)*
* Saline Solution *(or other means of cleaning wounds)*
* Antiseptic Wipes
* Safety Pins *(Pack of 10)*
* Bandage Clips
* Paper Tape
* Sport Strapping Tape *(25mm & 38mm)*
* Steri strip, Skin Closures *(3x75mm)* Pack of 5
* Sterile, Gauze Wound Dressings *(75x75mm)*
* Sterile, Non-Adhesive Pads *(100x100mm & 75x50mm)*
* Adhesive Wound Dressing Strips *(100mm)*
* Fabric Plaster Strips
* Waterproof Plasters *(50mm wide roll)*
* Sterile Eye Pads
* Rolls of Stretchable Bandage *(crepe bandages 50mm & 70mm)*
* Triangle Bandages
* Scissors
* Tweezers
* Splinter Probes *(5 pack)*
* Cold Packs
* Arnica Cream
* Antiseptic Cream
* Hydrocortisone Cream *(or a topical cream for bites/stings)*
* Antihistamines
* Paracetamol
* Ibuprofen
* CPR Face Shield
* Face Masks
* Ventolin Inhaler
* Ear Putty *(to help people who have swimmers’ ear)*
* Swimmers ear solution or drops
* Accident Register & Pen
* **A picture containing drawing

  Description automatically generated**First Aid Manual