

FIRST AID: your Car checklist



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Carry a kit in your car to ensure you have basic first aid products with you should the need for them arise. Keeping your car's first aid kit well stocked also saves you time when you are packing for a car trip away.

- Cleaning solutions eg. sterile Normal Saline or individually-wrapped, moist wipes for cleaning wounds
- Adhesive strip dressings for small cuts/grazes eg. Elastoplast
- Waterproof island dressing (water & bacteria-proof) eg. Cutifilm Dressing
- Sterile non-stick pad for wound dressing eg. Telfa pads
- Strip tape eg. Leukoplast, Micropore
- Triangular bandage
- Compression bandage
- Safety pins or bandage clips to secure bandages
- Disposable gloves
- Eye wash and eye bath
- Tweezers
- Scissors
- Plastic bags (preferably sealable)
- Travel sickness medicine – ask your Unichem pharmacist about the appropriate medicine for your family
- Hypothermia blanket or woollen blanket in the car
- Pencil/pen and paper

FURTHER RECOMMENDATIONS FOR YOUR CAR:
