



■ First Aid Kit Tick List

Essentials

- ■ Assorted plasters (various sizes)
- ■ Sterile gauze pads
- ■ Adhesive tape
- ■ Bandages (crepe/elastic)
- ■ Antiseptic wipes
- ■ Antibiotic cream (where available)
- ■ Tweezers
- ■ Small scissors
- ■ Safety pins
- ■ Nitrile gloves (2 pairs)
- ■ CPR face shield

Medicines (OTC – check local guidance)

- ■ Pain relief (paracetamol/ibuprofen)
- ■ Antihistamines
- ■ Oral rehydration salts
- ■ Anti-diarrhoea tablets
- ■ Hydrocortisone cream

Extras

- ■ Thermometer
- ■ Instant cold pack
- ■ Burn gel or dressing
- ■ First-aid quick guide (printed)

Pet Add-On (optional)

- ■ Styptic powder
- ■ Tick remover
- ■ Vet's number

■■ Note: Always follow UK first-aid guidance. For training, consider St John Ambulance or British Red Cross.