PRINTABLE CHECKLIST

What should be in a home first aid kit for emergencies? UK picks

For most homes, buy a mid-sized ready-made kit of roughly 100 to 220 pieces that includes sterile dressings in several sizes, burn gel or dressings, eyewash, a cold pack, gloves, scissors and a foil blanket, in a bag you can find by torchlight. Add your own medicines and a written medication list. A first aid kit is on the government's Be Ready list, and knowing

- [ ] Kit includes dressings in several sizes, bandages, tape and gauze
- [ ] Burn gel or burn dressings and cling film
- [ ] Eyewash, gloves, scissors and tweezers
- [ ] Cold pack and foil blanket
- [ ] Digital thermometer
- [ ] Everyday medicines suitable for our household
- [ ] A few days of prescription medicines
- [ ] Written list of medicines, doses, allergies and GP number
- [ ] Head torch kept on top of the kit
- [ ] Everyone knows where the kit is
- [ ] Registered for emergencySMS if anyone needs it
- [ ] Dates checked every six months