

HOLIDAY FIRST-AID KIT

If you're travelling this holiday season, there are a few must-haves that you need to take with. One important item that many forget to pack is the travel first-aid kit.

There is always a chance that you may run into trouble whilst on holiday. If you did, would you know what to do?

Taking a first aid kit on holiday with you is an absolute must. Instead of having to find the local pharmacy, be sure to have the essentials packed in a bag that's easily accessible.

Your first aid kit should have:

- Bandages and plasters
- Hypoallergenic tape and strapping
- Latex gloves
- A pair of sharp scissors
- Gauze
- Antiseptic ointment, cortisone or antibiotic cream
- Burnshield
- Aftersun lotion

- Tweezers
- Safety pins and a needle
- Sterile dressing
- Rehydration sachets
- Thermometer
- Facecloth or small towel
- Torch with spare batteries
- List of emergency contact numbers (of the area emergency services and your next of kin)
- List of medical aid details and conditions
- Paracetamol
- Imodium
- Allergex
- Buscopan
- Prescription medication

Remember to keep the bag safely out of the hands of children should there be any medication in the first aid kit.

It may also be helpful to familiarise yourself with steps to take to avoid an emergency and what to do should one arise. This will ensure you come back from your holiday relaxed, rejuvenated and healthy.