**Example Club First Aid Kit**

A first aid kit should contain the following:

* Emergency telephone numbers for EMS/9-1-1, your local poison control centre, and your personal doctors
* Home and office phone numbers for family members, friends, or neighbours who can help
* Sterile gauze pads (dressings) in small and large squares to place over wounds
* Adhesive tape
* Roller and triangular bandages to hold dressings in place or to make an arm sling
* Adhesive bandages in assorted sizes
* Scissors
* Tweezers
* Safety pins
* Instant ice packs
* Disposable non-latex gloves, such as surgical or examination gloves
* Flashlight, with extra batteries in a separate bag
* Antiseptic wipes or soap
* Pencil and pad
* Emergency blanket
* Eye patches
* Thermometer
* Barrier devices, such as a pocket mask or face shield
* Coins for pay phone
* Canadian Red Cross first aid manual