

Marine First Aid Kit Suggestions

- First aid guide

Over the counter items:

- Non-prescription drugs
- Antibiotic ointment
- Antihistamine tablets
- Antiseptic solution
- Antiseptic wipes
- Antiseptic swabs
- Burn cream or gel
- Hydro-cortisone cream
- Sea sickness tablets
- Stings and bites cream

Other contents to add to a good Marine First Aid Kit are:

- Band aids
- Thermometer
- Triangular bandage
- Steri-strips
- Tweezers
- Gloves
- Compression bandages
- Gauze squares
- Gauze and non-adhesive dressing pads
- Normal saline
- Adhesive tape
- CPR Mask
- Aluminium/foam splints
- Finger splints
- Instant cold pack/s
- Eye Wash
- Petroleum jelly tube/pot
- Safety pins
- Curved scissors
- Insect repellent
- Sunscreen
- Waterproof or duck tape
- Marine band radio
- Emergency flares
- Extra pair of prescription glasses
- Needle nose pliers

Other

- Extra prescription medication
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