



## Go Bag Content List

1. First aid
  - a. Water proof adhesive strip
  - b. Scissors
  - c. Tweezers
  - d. Bandage (6x5)
  - e. Gauze (4x4)
  - f. Gauze (3x10)
  - g. Cold rub
  - h. Burn ointment
  - i. Face mask
  - j. Alcohol
  - k. Povidone iodine
  - l. Spirit of ammonia
  - m. Medical tape
  - n. Surgical gloves
  - o. Safety pins
  
2. Survival
  - a. Whistle
  - b. Water resistant matches
  - c. Flash light
  - d. Water purification tablet
  - e. Multi purpose tool
  
3. Hygiene
  - a. Anti bacterial soap
  - b. Cotton buds
  
4. Medicine
  - a. Paracetamol
  - b. Loperamide
  - c. Antihistamine
  
5. Nourishment
  - a. Bottled water
  - b. Food (crackers, chocolate bars)