

# MEDICINE BOX CHECKLIST



## FEVER & PAIN RELIEF

PARACETAMOL (LIQUID)      HAVE    TO BUY  
     

PARACETAMOL (SUPPOSITORY)           

IBUPROFEN (LIQUID)           

IBUPROFEN (SUPPOSITORY)           

    



## ESSENTIALS FOR COLDS

SALINE SPRAY      HAVE    TO BUY  
     

CHEST RUB           

VAPOUR OIL           

VAPOUR PLUG / DIFFUSER           

    



## ESSENTIALS FOR CUTS, BUMPS, RASHES, STINGS, BITES, DRY SKIN

CALAMINE LOTION      HAVE    TO BUY  
     

ANTISEPTIC CREAM           

ANTIHISTAMINE CREAM           

PLASTERS           

GAUZE / BANDAGE / TAPE           

SMALL SCISSORS      HAVE    TO BUY  
     

SUDOCREM           

EMULSIFYING OINTMENT (FOR DRY SKIN)           

VASOLINE

# MEDICINE BOX CHECKLIST



VOMITING /  
DIAORRHEA

REHYDRATION SOLUTION

HAVE TO BUY

 

GENERAL  
ESSENTIALS

FACE CLOTHS

HAVE TO BUY

 

DOSING SYRINGE /  
SPOON

 

SMALL CLOTH (FOR WIPING)

 

THERMOMETER

 

SANITISER

 

WIPES

   

ESSENTIALS FOR  
TEETHING

TEETHING GEL

HAVE TO BUY

 

TEETHING GRANULES

 

ANISEED / CHAMMOMILE  
SYRUP

 

TEETHING STICK / CHEW

  

OTHER

HAVE TO BUY