



FIRST AID KITS



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- ❑ Can buy a ready made first aid kit. Prices range from £6-15.
- ❑ Can make your own First Aid kit up. Using equipment parents would have at home. If you do this you must make sure you have all the relevant contents required for an expedition.

Essential Items for an Individual **D of E First Aid Kit**

Waterproof container

Two Crepe bandages(different sizes)

Two gauze pads(medium/large)

Plasters

Blister Plasters/sun screen/insect repellent

Scissors

Tweezers

Antiseptic wipes

Sting Relief Wipes or cream

Triangular bandage

Safety pins

Tape

Gloves

Personnel hygiene products (emergency)

Personnel medication: Feminax (pain relief) hayfever tablets, asthma pumps etc. **You are responsible for your own medication, this includes administering it and bringing it with you.**

FIRST AID KIT

WHERE TO KEEP IT?

- Your first aid kit must be placed at the top of your rucksack in the hood section. This makes it easily accessible at all time!

EMERGENCY RATIONS

- You must have a small container/plastic bag which must contain a form of emergency rations. This should be high energy/calorific food.
- Any sweet stuff can apply, but remember that if it is hot anything that contains chocolate will melt!

