

FIRST AID KITS

Suggested PERSONAL FIRST AID KIT

# Crepe Bandage (100mm) x 1 Triangular Bandage cloth (sterile) x1 # Band-aids x 6-10 Dressing strip x 1 Non adherent sterile dressing Various sizes x 2-3 # Gauze dressing x 2-3 # Sticking Tape x 1 roll # Pain relief eg paracetamol, aspirin x 3-6 Antihistamine tablets x 3-6	# Insect repellent # Sun block Lip balm # Safety pins x 2 Scissors Disposable gloves Disposable CPR face shield Note book Pencil # Personal Medication
---	---

Items with an # are considered essential, these rest are optional

Suggested GROUP FIRST AID KIT

Crepe bandage (10cm & 15cm) 1 of each	Disposable gloves
Triangular bandages cloth (sterile)	Disposable CPR face shield
Band-aids x 10	Note book
Dressing strip x 1	Pencil
Non adherent sterile dressing - large x 3	Spare water bottle
Gauze dressing x 6	Splint, or padding splints (fill with air or water)
Wound dressing size 14 x 1	Cold compresses for sprains, stings and bites
Wound dressing size 15 (sanitary pads) x 1	Hot water bottle
Butterfly closures x one pouch	Small pillow
Sticking tape x 1 roll	Reflectors for signalling
Saline 30ml x 2	Dressing for open chest wound
Betadine for grazes	Foil Wine bladder
Alcohol wipes x 10	<i>Some fruit juice and wine casks have a foil bladder with a round stopper that opens and closes with a small push-up flap. The stopper pulls off, making it quick and easy to fill. One of these provides a multi-purpose first aid item</i>
Pain relief, eg, paracetamol x 1 box	
Antihistamine tablets x 10	
Diarrhoea treatment – Gastrolyte sachets for dehydration, diarrhoea, vomiting x 4	
Chemical warming/cooling pads	
Low-reading clinical thermometer	
Scissors	
Tweezers	
Safety pins	
Needle	
Fine strong thread for removing rings	

Obviously some of these group items won't be practical for a light weight hike and should be discarded or lightweight alternatives used.