



Suggested Personal First Aid Kit

When designing an Outdoor First Aid Kit, you will need to consider several things. These include

1. Your medical expertise
2. The location and environment of your destination
3. Diseases that may be particular to an area of travel
4. The duration of your travel
5. The distance you will be from medical care and the availability of professional rescue
6. The number of people the kit is catering for
7. Pre-existing illnesses people in your party may have.
8. Weight and Space Limitations

A suggestion of what to have is as follows:

1	Hypofix x 20cm	
1	Duodern	
1	Scissors	
5	Steristrip wound closures	
1	Tincture of Benzoine 5ml	
1	Betadine solution (30ml)	
5	Gauze Swabs	
2	Non adhesive dressings	
1	Duct tape or similar	
1	Silvazine Ointment (25gm) (Burns)	
1 metre	Glad Wrap	
1	Rescue Blanket or Bivvy bag	
1	Face Shield Resus Aid	
1	Coban Elastic Bandage	
1	Crepe Bandage 7.5cm x 4m	
1 roll	Omnoplast strapping tape 2.5cm	
10	Paracetamol Tablets	
5	Assorted Safety Pins	
Pair	Disposable Gloves	
2	Cotton Buds	
2	Sterile Needles	
1	30% DEET/Dimp repellent	
1	30+ SPF Sunscreen	
1	Aloe Vera Cream	
1	Viaderm Ointment	
1	Triangle Bandage	