

## Personal First Aid Kit List

The club requires that you carry your own First Aid Kit with you on every club trip.

- Emergency contact details & Medical Information Card
- First Aid quick reference guide
- Non-latex gloves
- Note pad and pencil
- Adhesive hypo-allergenic bandages
- Combine dressing
- Triangular bandage
- Compression bandage (used for possible snake bites) (width 6" / 15cm)
- Emergency (hypothermic) blanket (eg *S.O.L.' Survive Outdoors Longer ' Blanket*)
- Safety pins
- Scissors
- Tape (hypoallergenic)
- Antiseptic cream
- Tweezers (for tick removal)
- Blister kit
- Oral pain relief (eg aspirin, paracetamol)
- Antihistamines
- Insect repellent
- Salt (for leeches)
- Saline eye wash
- Rehydration salts e.g. Hydralyte
- Face mask
- Hand sanitiser
- Personal medication (e.g. asthma inhaler, epi-pen, insulin, anti inflammatory)