

## Appendix E: Basic Personal First Aid Kit

The checklist is a minimum standard of the items mentioned in the first part of the book. This is a sample small first aid kit. **We will not check that you have this.** But please note 3 important points:

1. You should have a basic kit then risk assess possible needs. Bring more if you might need it.
2. If you haven't been trained to use it – it probably shouldn't be in your kit.
3. This is primarily for you. So you can have medication – especially if it is over the counter (OTC).

<b>BASIC FIRST AID KIT</b>
(1) Water resistant / waterproofed carry case
(1) first aid instruction sheet or booklet
(1) Non breakable mirror ( <i>see your face</i> ) Can use as Emergency Heliograph (signal mirror)
(1) Paramedic Shears / Scissors
Two (2) pairs of barrier gloves (nitrile / vinyl, etc.)
Five (5) Antiseptic / Soap wipes (towelettes)
Four (4) cotton tipped applicators
Four (4) cotton wool balls / Cotton wool type applicator / pads
Five (5) gauze pads
Five (5) non-adherent dressings (various sizes including large)
Thirty (30) regular Plasters / Band Aids (Assorted Sizes)
Six (6) knuckle bandages
One (1) adhesive tape roll / zinc oxide tape (cf. Duct Tape)
One (1) 3M Micropore Porous Adhesive Tape
(1) instant cold pack
One (1) elastic conforming bandage
Three (3) mole skin / Blister Pads / Compeed etc.
Five (5) butterfly closures / steri-strips (cf. Superglue)
Six (6) safety pins
(1) tweezers
(1) single edge surgical blades
(1) cool gel
(2) Saline water pods (to clean wounds, irrigate dirt in the eye, etc.)
One (1) small tub of Vaseline of chaffing and moisturising
Three (3) reusable zipper-lock bags

<b>INGESTED ITEMS, DRUGS AND MEDICINES</b>
Four (4) Packets of Rehydration Salts
Eight (8) Ibuprophen tablets
Eight (8) Acetaminophen tablets
Eight (8) Paracetamol tablets (500mg)
Eight (8) Aspirin Tablets (300mg)
Four (4) Anti-histamine tablets
(1) hydrocortisone cream
Two (2) iodine prep pads
Two (2) sting relief pads
Three (3) triple antibiotic cream

Consider remoteness and other needs. For example, should you have an epi-pen for allergic reaction?