

# The First Aid Kit

*A First Aid Kit must be readily available and must contain certain items most useful to our activities that are normally not found in a standard First Aid Kit.*

### **First Aid Kit - Golden Rules**

*Keep First Aid Kits in a dry atmosphere  
Check and replenish your kit regularly.*



#### Basic materials for a First Aid kit

- 10 Adhesive dressings
- 3 Medium sized sterile dressings.
- 1 Large sterile dressing
- 1 Extra large sterile dressing
- 1 Sterile eye pad
- 2 Triangular bandages
- 2 Crepe roller bandages
- 6 Safety pins
- 2 Disposable plastic gloves
- 1 Pair scissors
- 1 Pair tweezers
- 6 Wound cleansing wipes
- 6 Bags of sterile solution
- 1 Thermometer

#### Useful Additions for activities

- 1 Torch and spare batteries
- 1 Whistle
- 1 Blanket
- 2 Extra Triangular Bandages
- Material for Splints
- 6 Cotton wool for padding
- 2 Disposable plastic gloves
- 1 Survival Bag
- 1 Pair tweezers
- 6 Foot Felt and Corn plasters
- 3 Antiseptic cream
- 3 Antibiotic cream
- 3 Calamine Lotion
- 3 Hydrocortisone cream