



HIKING FIRST AID KIT

1. **BURNS**
 - 2 x Burnshield dressings (100mm x 100mm)
 - 1 x Burnshield bottle (50ml)
 - 2 x Burnshield sachets (3.5 ml)
 - 1 x Silbecor tube (50g)
 - 1 x Aloe lip balm (SPF 30)
2. **BANDAGES**
 - 10 x gauze pads (100 x 100mm)
 - 5 x gauze pads 75 x 75mm (sterile)
 - 5 x circular cotton swabs
 - 2 x triangular bandages (96 x 96 x 136cm)
 - 1 x crepe bandage (5cm x 4.5m)
 - 2 x conforming bandages (5cm x 4.5m)
 - 5 x waterproof occlusive plasters
 - 10 x single plasters
 - 5 x double plasters
 - No 1, 2, 3 & 5 First Aid dressings (1 x each)
 - 6 x wound closure strips
3. **PRIMARY SURVEY**
 - 1 x blood pressure cuff
 - 1 x stethoscope
 - 1 x pupil torch
 - 1 x SATS monitor
 - 1 x thermometer
4. **BLOOD GLUCOSE**
 - 1 x Glucometer
 - 20 x test strips
 - 10 x alcohol swabs (Webcols)
 - 10 x lancets
 - 7 x Glucojel sachets (25g)
5. **SPRAINS/FRACTURES**
 - 1 x ankle guard support
 - 1 x knee guard support
 - 1 x wrist guard support
 - 2 x instant cold compress pads
 - 2 x instant heat pads
 - 1 x Deep Heat Arnica gel (50g)
 - 5 x TransAct Pads
 - 2 x plastic leg splints (interlocking)
 - 1 x arm splint (Claire)
 - 2 x Tongue depressors (Finger splints)
6. **MEDICATION**
 - 7 x day course of Anti-biotics (Augmentin)
 - 7 x day course of Probiotics (Entira)
 - 20 x Tramacet tablets (Acute pain)
 - 10 x pain (Gen Payne) capsules
 - 5 x pain (Grandpa) powders
 - 8 x Disprin tablets (300mg)
 - 5 x Panamor suppositories
 - 10 x anti-nausea tablets
 - 4 x Zofer Rapitab (Acute vomiting)
 - 10 x anti-histamine (Allergex) tablets
 - 6 x Imodium tablets
 - 10 x Soflax tablets (Constipation)
 - 5 x Rehidrat Sport sachets (14g)
 - 2 x Med-lemon sachets (5.8g)
 - 10 x Buscopan (stomach cramps)
 - 6 x Gaviscon sachets (10ml)
 - 20 x throat lozenges (Bentasil)
7. **CPR – AIRWAY**
 - 1 x Pocket mask
 - 3 x OPA devices
8. **GENERAL SUPPLIES**
 - 7 pairs of nitrile gloves
 - 2 x space blankets
 - 1 x Asthavent inhaler
 - 2 x pairs of rescue scissors
 - 5 x safety pins
 - 5 x small bandage clamps
 - 1 x syringe (10ml)
 - 1 x pair of tweezers
 - 1 x hand sanitizer bottle (20ml)
 - 2 x rolls of adhesive tape
 - 1 x sharps container (small)
 - 1 x roll of Blister tape (Nexcare)
9. **OINTMENTS**
 - 1 x Dettol antiseptic solution (50ml)
 - 1 x Germolene (20g)
 - 1 x Dermoban ointment tube (15g)
 - 1 x small tub Vaseline (50ml)
 - 1 x small tab VapoRub (12g)
10. **EYES**
 - 2 x eye pads (sterile)
 - 1 x eye patch (semi rigid)
 - 1 x eye bath (plastic)
 - 1 x saline Polyrinse solution (15ml)
 - 1 x Optive Fusion eye drops (10ml)
 - 2 x Cellufresh pipettes (0.4ml)
 - 1 x Optive Fusion Eye Drops (10ml)