

Suggested First Aid Kits

Group First Aid Kit

Ensure the bag you put it in is labelled '**Group First Aid Kit**'

- ❖ No 8 bandage x2
- ❖ Antiseptic wipes x8
- ❖ Triangular bandage x2
- ❖ Latex gloves x2 pairs
- ❖ Bag to put rubbish in x2
- ❖ Individually wrapped plasters x6
- ❖ safety pins, large x4
- ❖ Zinc oxide tape
- ❖ Gaffa Tape, 1m length
- ❖ Pencil & paper
- ❖ Melolin gauze dressings x2
- ❖ Blunt-nosed scissors
- ❖ Spare boot lace
- ❖ Tweezers

Individual First Aid Kit

Ensure the bag you put it in is labelled '**Personal First Aid Kit**'

- ❖ Pain relief: Calpol, Nurofen, parasetamol,
What ever works for you, never take more than the recommended dose.
- ❖ Blister plasters, large x4
- ❖ Mole skin sheets x2
- ❖ Sun block
- ❖ Lip salve
- ❖ insect repellent
- ❖ Possibly, depending on your needs!
 - Hay fever medicine
 - Asthma medicine
 - Eppy pen
 - Arnica
 - Tape to bandage up knees

Also consider

- ❖ Toilet role, raped up to stay dry in wet conditions
- ❖ Sanitary towels
- ❖ Nappy wipes, just a few in a plastic bag are great to wash with.