

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 (a small waterproof pad is a good idea)
- ✓ 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, paracetamol,
What ever works for you, never take more than the recommended dose.
- ✓ Blister plasters, large x4
- ✓ Mole skin sheets x2
- ✓ Petroleum jelly, works wonders anywhere you are getting sores.
- ✓ Sun Tan Lotion, Factor 20+
- ✓ Lip salve
- ✓ insect repellent
- ✓ Gaffer tape, catch those 'hot spots' early & you wont get any blisters.
Stop as soon as they feel uncomfortable & get them taped.
Just roll 1m into a little block.
- ✓ Do your team know your medical needs & where you store your medicine? They need to
- ✓ Possibly, depending on your needs:
 - Hay fever medicine?
 - Asthma medicine?
 - Eppy pen?
 - Arnica?
 - Tape to bandage up knees?

Also consider

- ✓ Toilet role, rapped up to stay dry in wet conditions
- ✓ Sanitary towels
- ✓ Nappy wipes, just a few in a plastic bag are great to wash with.
- ✓ Tooth Brush & Paste