

FIRST AID BUSHWALKING KIT:

January, 2015

The following list is a handout given to people who attended the January Club meeting.

It is *a guide only* of what to include in your personal First Aid kit. You will need to adapt this list depending upon pre-existing illnesses, weight restrictions, region, degree of remoteness and duration of your trip. Travel organized by a commercial company may provide First Aid items. For legal reasons they will not provide medications.

Discuss your medical requirements *with your Doctor* before leaving for an extended trip.

Possible Injuries Include:

Bleeds, Bums, Eye Injuries, Sprains, Fractures, Bites & Stings, Falls/Concussion, Shock

Essential Items:

Band-aids (x5), [Opsite, Tegaderm]

Combine dressing (xl)

Non stick dressing (xl)

Gauze (xl, pkt of3)

Crepe bandage 7.5/10cm (xl)

Triangular bandage (xl)

Gloves (xl pr.)

Scissors, tweezers, splinter probe, Micropore tape, whistle, First Aid notes

Use:

Small wound [waterproof]

Serious bleed

Bleed or bum

To clean a wound

Sprain, snake bite or secure a bleed dressing

Sling, immobilize legs, cover large wound

Hygiene

Optional Extras: (share with a friend)

Antiseptic pad (x3) / cream (clean water is an option)

Alcohol swab (x3) (clean instruments)

Steristrips (xlpkt) for "stitching" a deep wound

Eye wash, eye bath, eye pad (xl)

Space / Emergency blanket (shock or hypothermia) First Aid notes, note pad & pencil

Resuscitation shield, Ear Plugs (in case of nearby snorers!)

Chux and plastic bag (cleaning up)

Jelly beans or lollies (diabetics)

Salt - for preparing an eye wash, leech bite (or matches if safe to do so)

Tape for strapping eg Elastoplast, or specific support bandages eg tubigrip

Suntan cream. Sore throat lozenges. Insect repellent (DEET) eg Rid

Ice Pack - disposable (but weighty), use ice in freezer at fixed camp site

I.C.E. keyed into your mobile phone (In Case of Emergency details)

Possible Medications:

Anti-headache - Panadol / Herron / Aspirin / Neurofen

Antihistamine- allergy, itches, travel sickness-Teldane/Telfast/Avril

Antivomit / diarrhoea - ego Imodium;

Antibiotic - infections

Anti-inflammatory - for muscle swelling & redness eg Voltaren

Heart medications, arthritis, asthma, diabetes, specific allergy medication, sleeping pills.

Discuss all options with your Doctor.

Leaders: You should carry more than the basics in your First Aid kit. You should consider including a current list of club member's details with phone numbers of next of kin. Also include your mobile phone, note pad & pencil, extra band-aids & gloves, space blanket, splinter probe, eye bath, plastic bag (rubbish), resusc. shield. A pocket knife is handy too.

Don't Forget Standard Club Protocol:

Keep your personal details in a film canister in an outside pocket of your back pack. Include personal medications, treating doctor details for serious ailments, next of kin.

Inform your walk leader of pre-existing ailments too.