

BATEMANS BAY BUSHWALKERS INC.

PERSONAL FIRST AID KIT

Suggested items to be carried by every member, on every walk. Do not count on others for these items in the event of injury/bite, etc. Members have a responsibility to inform the first aider of any medical condition or medication that could impact on effectiveness of first aid.

- Thermal blanket
- Triangular bandage & safety pins
- Minimum 7.5cm crepe bandage
- 2.5 cm conforming bandage
- Dressings (10 cm non adherent & 7 x 5 cm adherent)
- 2.5 cm roll micropore tape
- Tweezers
- Tick Hook/Ethanol Spray/Lyclear
- Splinter Probe
- Rubber Gloves
- Small Scissors
- Flexible “Hyperfix” tape (useful on pressure areas in boots to prevent blister, for securing dressings in areas constantly flexing or likely to be moist/wet, eg. perspiration on forehead)
- Insect repellent & sting relief spray/ointment
- Antihistamine tablets
- Pain relief tablets
- Antiseptic solution/cream
- Eyepad
- Lip salve
- Sunscreen
- Notepad and texta/marker
- Roll of duct tape (securing emergency splints, taping up split boots, etc)
- Carry clean water for wound/eye irrigation
- Personal medication with instructions on use (in case you are unconscious!)
- NB Remote areas/overnight hikes: Water treatment equipment/tablets and possible upgrade of First Aid requirements
- Emergency Contact & Medical Information Form

END