

SUGGESTED FIRST AID KIT LISTS



Suggested Items for Unit Kit	Guide's Personal First Aid Kit
<ul style="list-style-type: none">• Band-aids (Non Allergenic)• Barley Sugar• Crepe Bandage – roll• Disposable Gloves• Emergency Blanket *• Gauze Bandage – roll• Ice Pack (disposable single use) *• Matches• Notebook & Pencil• Resuscitation Mask *• Rubbish Bags• Safety Pins• Saline Eye Wash – individual sachets• Salt• Sanitary Pads• Scissors• Soap (Non Allergenic)• Sterile non stick dressing• Tape – non allergenic• Torch & Batteries• Triangular Bandages• Vinegar <p>If First Aider has BAN number and Asthma Accreditation</p> <ul style="list-style-type: none">• Asthma Puffer *• Asthma Spacer * <p>*optional items</p>	<ul style="list-style-type: none">• Band-aids• Sunscreen• Insect Repellent• Chap Stick• Throat Lozenges <p>NOTE: Personal medication is to be named and lodged with the First Aider on arrival at camp</p>