

**Outdoors First Aid Kit Contents****B10**

Contents	Qty	Use
Adhesive Strips – Plastic – Latex free (box 50)	1	Minor wound cover
Antiseptic Swabs – Cetrimide	4	Wound cleaning
Bag – Plastic resealable	3	Soiled dressings
Bandage – Conforming 5cm	1	Secure dressing
Bandage – Hospitable Crepe 7.5cm	1	Secure dressing
Bandage – Hospitable Crepe 10cm	1	Snake Bite Pressure Bandage
Bandage – Triangular (disposable)	2	For slings/padding
Burnaid Gel – 3.5 gm Sachet	2	Soothing burns
Cold Pack – Instant (disposable)	1	Reduce swelling/pain
Dressing – Burnaid 10 x 10 cm	1	Treatment of burns
Dressing – Combine Pad 9 x 10cm	1	Bleeding control
Dressing – Combine Pad 9 x 20cm	1	Bleeding control
Dressing – Non-adhesive 10 x 7.5 cm	2	Wound cover
Eye Pad – large	1	Emergency eye cover
First Aid Instructions	1	First aid information
Forceps – Plastic	1	Handling dressings
Gloves – Latex (pair)	1	Cross infection protection
Rapaid Itch Relief – 1gm Sachet	2	Sooth stings/bites
Resus-O-Mask – disposable	1	Resuscitation hygiene
Safety Pins (pkt 5)	1	Secure bandages/dressings
Saline – 15ml Ampoule	2	Eye/wound irrigation
Scissors – Sharp/Blunt 12.5cm	1	Cutting bandages/tape
Splinter Probes (disposable Pkt. 5)	1	Remove splinters
Sunscreen - Hamilton 30+ Sachet 10ml	2	UV Protection
Swabs – Alcohol	3	Cleaning instruments & hands
Swabs – Gauze 7.5 x 7.5 cm (Pkt. 3)	2	Wound cleaning
Tape – Hypo Allergenic 2.5cm x 9 mtrs	1	Secure dressings
Thermo Accident Blanket	1	Retain body warmth
Towels (Paper) – Disposable (Pkt. 3)	1	Mopping up/drying hands
Fire Blanket 1mtr x 1 mtr	1	Smothering fire

The contents of kits may vary slightly from time-to-time, but the applicability of each kit to its purpose will remain.