



# OUTDOOR FIRST AID KIT LIST

The following is a recommended First Aid Kit contents list suitable for the outdoor environment. You will need to make decisions regarding the extent to which you bulk up your kit depending on the nature of your operation. The following list will enable the first responder to manage most common medical conditions and injuries.

- Moldable Foam Splint (For immobilizing fractures)
- Crepe Bandages (5, 7.5 and 15cm)
- Triangular Bandages
- Disposable Gloves (Small, Medium, Large)
- Plastic Face Shield or Pocket Mask (CPR)
- Sterile Gauze Dressings
- Adhesive Tape (Leukoplast is good)
- Insulation Tape (General Purpose)
- Wound Closures (Steristrips)
- Scissors and Shears
- Notepad and Pencil
- Plasters
- Antiseptic Wipes
- Saline Bottle
- Thermometer
- Tweezers
- Aspirin (300mg Tablets for Cardiac Emergencies)
- Paracetamol
- Ibuprofen
- Glucose Paste (Diabetics)
- Plastic Bags (Dirty material or Amputations)
- Non Adhesive Dressings
- Plastic Kitchen Wrap (For burn dressings)
- First Aid Prompt Sheet

**The following Items could be relevant for an operation with a higher level of isolation/trauma expectancy. Only use equipment and perform procedures you are trained at.**

- Pupil Torch
- Oxygen Kit (Includes Acute, Non Rebreather and Bag Valve Masks, Tubing, Bottles, Regulators with Flowmeter, Suction)
- Airway Devices (OP or LMA)
- Defibrillator
- Blood Pressure Equipment
- Stretcher
- Blankets (Foil and Woolen)
- GlucaGen Injection (Diabetic)
- Spine Board with Collar