



## WIRRAL SCOUTS EXPEDITION GROUP

[www.WSEG.org.uk](http://www.WSEG.org.uk)

### FIRST AID KITS

First Aid kit containers should be light and waterproof, where possible, and should have distinctive first aid markings on it, i.e. some form of cross and / or the words 'FIRST AID'! Contents should be kept clean and dry and replaced if out of date or packaging becomes damaged. Each member of the team should carry a first aid kit.

The list below is meant as a guide only, you may wish to add more items but these are the basics for a D of E participant's kit.

- Latex-free disposable gloves
- Selection of plasters (not a strip)
- Triangular bandage
- Sterile dressings – assorted sizes.
- Antiseptic wipes
- Elasticated bandage
- Scissors
- Surgical tape
- Blister plasters – e.g. 'compeed'
- Small pack of analgesia – paracetamol, aspirin, etc. (not to be given to anyone else)
- Safety Pins
- ID Card – small card with your personal details on

You may wish to add other items such as sun screen, lip salve, salt tablets, bite and sting cream, antiseptic cream and a resuscitation aid.

Don't forget to pack a good supply of any regular medications you are taking!

If you perform first aid on anyone other than yourself you must keep a record of who, when and what. Who the casualty was, if a member of your group the name will suffice, if a member of the public, their name and address and a contact number (if you can). When the accident happened or when you found the casualty. What you did for the casualty. Also you must keep the packages of any equipment you use.