



Outdoor & Forest School First Aid Kit Contents

Item	Quantity	Exp Date
Bandages	x	
Crepe Bandage 7.5cm x 4.5m	2	
Cohesive Bandage (7.5cm x 4.5m)	2	
Triangular Bandage (Calico)	2	
Dressings	x	
Blister Plasters	2	
Assorted Plasters Pack	1	
Steri-strips (3mm x 7.5mm) pack of 5	1	
Steri-strips (6mm x 7.5mm) pack of 3	1	
Low Adherent Dressings (5 x 5cm)	2	
Low Adherent Dressings (10 x 10cm)	2	
Medium Wound Dressing (12 x 12cm)	2	
Large Wound Dressing (18 x 18cm)	1	
Preparations, Disposables & Tapes	x	
Alcohol-free cleansing wipes	6	
Hand Sanitiser	1	
Saline Water Pods (20ml)	2	
Savlon Spray (50ml)	1	
Micropore Tape (2.5cm)	1	
Zinc Oxide Tape (2.5cm)	1	
Duct Tape (1.8m)	1	
Non-Woven 4-Ply Gauze Swabs (5 x 5cm) pack of 5	2	
Burn Gel Sachets (3.5g)	4	
Electrolyte Powder Sachet	5	
Glucose 15 - Oral Glucose Gel	2	

Item	Quantity	Exp Date
General	x	
Patient Card	2	
Pairs Disposable Nitrile Gloves	6	
Tuff Cut Shears	1	
Safety Pins	6	
Safety Whistle	1	
Glo Stick	1	
Resuscitation Face Shield	1	
6" Emergency (Israeli) Bandage	2	
Tweezers	1	
Tic Tweezers	1	
Sam Splint XL (36")	1	
Ice Pack - Disposable Cold Compress	2	
Foil Emergency Blanket	1	
Mountain Survival Bag (Orange)	1	
Thermometer	1	
Pen Light	1	
Medical Kit Bag	1	
Medication	x	
Paracetamol Tablets	16	
Ibuprofen Tablets	16	
Antihistamine	16	

For All Your Training and Consultation Needs...