

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/ Fabric)	2		
Dressings	x		
Blister Plasters	4		
Assorted Plasters Pack (20)	1		
Adhesive Dressing (7.5 x 10cm)	6		
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		
Micropore Tape (2.5cm)	1		
Zinc Oxide Tape (2.5cm)	1		
Duct Tape (2m)	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 - Oral Glucose Sports Gel	2		
Item	Quantity	Exp Date	
General	x		
Patient Card	6		
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		
Asprin Tablets (300mg)	16		
Paracetamol Tablets (500mg)	16		
Ibuprofen Tablets (200mg)	16		
Antihistamine	16		