

## An Aussie bushwalkers hiking first aid kit [v1]

Category	Item	Accessibility	Y/N
<b>PPE</b>	Disposable gloves	Easy. At the top.	
<b>Splinting</b>	Sam Splint	Bottom. Creates solid base to kit.	
<b>Wound / Injury Care</b>	Compression bandage x 2 Triangular bandage Crepe roller Swabs Micropore tape Variety adhesive & non-adhesive dressings (diff sizes and uses) Moist burn pads Band-aids (massive size) Band-aids (standard size) Strapping tape (Elastoplast) <u>Blister care</u> Fixomul Foamie donut	Towards the top of the kit Middle of the kit Bottom of the kit <i>All the below wound care is kept together in one ziploc bag.</i>	
<b>Medications</b>	<u>Pain Relief</u> Aspirin Paracetamol Ibuprofen Codeine (prescription) <u>Antihistamine</u> Telfast Claratyne <u>GI</u> Maxolon (prescription) Immodium Gastrolyte (sachets) Ventolin Magnesium (for cramps)	Inside a small hard case to avoid foil packs bursting.	
<b>Ointments/ liquids</b>	Stingose spray Lyclear (small ticks) Warteze (big ticks) Betadine (wipes, tube) Saline plastic vials	Towards bottom of kit Towards bottom of kit Towards bottom of kit Inside tough ziploc bag to prevent spillage	
<b>Other</b>	Patient treatment record & pencil Trauma shears Fine point tweezers Syringe Sanitary Pads (also good for wound care)	Inside ziploc bag (bag can be used for med waste)	
<b>Safety</b>	Signalling mirror Length of paracord Emergency blanket		