



Derrick's suggested items for building Your own First Aid Kit



Non woven swabs for cleaning minor cuts. But can be used to make a larger dressing by taping in place. Normally in packs of five 1 or 2 packs

Microporous tape and Zinc Oxide tape. 1 of each

Wipes. About four alcohol free wipe .

Bandages. 2 Large and 2 small (if you ever needed more others would have some in their kit). **Triangular Bandage.** 1

Low adherent dressing. Normally in packs of 5

Plasters. keep them in a small plastic bag.). **Larger Plasters.** 2 10cm x 8cm

Scissors or Tuff cuts. 1 pair. **Needle and thread.** For blisters (Probably for the longer walks)

300mg Soluble Aspirin. for suspected heart attack

Gloves . 2-3 pairs . They come in different sizes. (Non Latex)

Antihistamine. Tablets and cream. (if you're stung by wasp or bee)

Other items. Could include a tick remover , Antiseptic Cream, Bite cream , Inhaler if required , Emergency Survival Blanket. Mars Bar or high sugar product if diabetic. Knee support bandage if you suffer from knee problems. Elasticated bandage.

Derrick suggests it would be most cost effective buying a a box of Plasters, Wipes, Aspirin, and Gloves, and sharing out.

Should anyone have any queries please contact derrick by email: derrick.pike@btinternet.com