



THE BUSH CLUB INC.

First Aid Kit Guide

Recommended	Useful Additions
Band-Aids Assorted (Heavy fabric / Waterproof)	Fine tweezers
Electrolytes (Powder / Tablets)	Safety pins
Small pair of scissors	Splinter pick
Antiseptic (e.g Betadine)	Alcohol wipes
Crêpe bandage (Medium-size.)	Anti- diarrhoeal (Capsules or tablets)
Snake Compression Bandage (with tension indicator)	Paddle pop stick (splinting fingers)
Triangular bandage	Micropore tape
Anti-inflammatory tablets (ibuprofen.....)	Saline solution
Blister Cushions	Fixomull (Stretch adhesive foot tape)
Gauze squares / Alcohol Wipes (sterile / non sterile)	Strapping Tape
CPR Resuscitation Mask	Anti- tick freeze spray
Latex Gloves	
Aluminium Foil (space blanket)	
Wound dressing Pads (non-adherent)	
Essential Personal Medication	

This is a list primarily for Day Walks. Multi day walks may require additional items depending on the circumstances / location etc.