

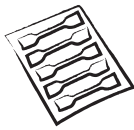
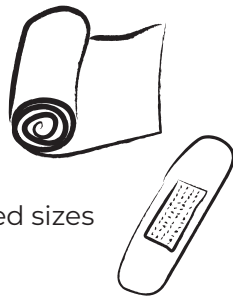
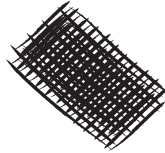
# WILD EARTH FIRST AID KIT CHECKLIST



TICK & FLICK CHECKLIST OF ALL THE ESSENTIALS

## DRESSINGS

- ☐ Nightingale dressing for major trauma (optional)
- ☐ 6x sterile adhesive dressing
- ☐ 3x sterile non adhesive pads
- ☐ 2x gauze
- ☐ 5x antibacterial-impregnated dressings
- ☐ Crepe bandage
- ☐ Compression bandage
- ☐ Triangular bandage
- ☐ Waterproof plasters- varied sizes
- ☐ Self adhering tape
- ☐ Duct tape
- ☐ Skin tape
- ☐ 2x steristrips
- ☐ Sam splint for broken bones (great for trips that will be far away from help)
- ☐ Emergency blanket



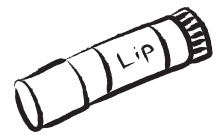
## PHARMACEUTICALS

- ☐ Water purification tablets
- ☐ Broad spectrum antibiotics (if you have limited access to healthcare)
- ☐ Haemostatic gauze for major trauma (optional)
- ☐ Aspirin
- ☐ Ibuprofen
- ☐ Paracetamol
- ☐ Strong painkillers
- ☐ Anti-emetic
- ☐ Cold and flu tablets
- ☐ Antihistamines
- ☐ Lozenges
- ☐ Lemsip
- ☐ Alcohol wipes
- ☐ Anti-diarrheal
- ☐ Electrolytes



## TOPICAL PHARMACEUTICALS

- ☐ Antibacterial
- ☐ Anti-fungal
- ☐ Antiseptic
- ☐ Chamois cream (for saddle sores)
- ☐ Suncream
- ☐ Burn gel (from campfire burns or sun)
- ☐ Lip balm
- ☐ Fisiocrem



## MISCELLANEOUS

- ☐ Antiseptic hand gel
- ☐ Whistle (in case you are too injured to move and need to call for help)
- ☐ Dental gum (in case you break a tooth or part of a permanent retainer breaks)
- ☐ Fire Starter
- ☐ Matches
- ☐ String
- ☐ Earbuds
- ☐ Lancets x2
- ☐ Nail scissors
- ☐ Tweezers
- ☐ Knife
- ☐ Sewing kit
- ☐ Suture kit (training required)
- ☐ Notepad and pencil
- ☐ Masks
- ☐ Zip ties
- ☐ Gloves
- ☐ AAA batteries
- ☐ Flagging tape
- ☐ Elastic bands
- ☐ Insect spray

