

WILD EARTH

FIRST AID KIT CHECKLIST

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
- Emergency Blanket

PHARMACEUTICALS

- Water Purification Tablets
- Broad Spectrum Antibiotics
- Haemostatic Gauze For Major Trauma (Optional)
- Aspirin
- Ibuprofen
- Paracetamol & Strong Painkillers
- Anti-Emetic
- Cold And Flu Tablets
- Antihistamines
- Lozenges
- 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
- Dental Gum
- Fire Starter Or Matches
- String
- Earbuds
- 2x Lancets
- Nail Scissors
- Tweezers
- Knife
- Sewing Kit
- Suture Kit (Training Required)
- Notepad And Pencil
- Masks & Gloves
- Zip Ties
- AAA Batteries
- Flagging Tape
- Elastic Bands
- Insect Spray

