

## DofE Expeditions – First Aid Kits & Emergency Rations

It is a requirement of the Award that each participant carry the above, specific for their needs taking into account Allergies, Existing medical conditions, Blisters and pain relief:

### FIRST AID KIT

First Aid kits can be bought (off-the-shelf) at outdoor centres or individually assembled and put in a rugged waterproof bag/box. A suggested first aid kit list is as follows:

Triangular bandage	Pain relief (paracetamol / ibuprofen)
Crepe bandage	ANY MEDICATION for existing conditions
Sterile wound dressings	Dedicated blister plasters (Compeed)
Plasters	Antiseptic wipes / cream
2 pairs (min) disposable gloves	Sterile adhesive dressings (Melolin)
Safety pins	Small safety scissors
A pair of tweezers	Zinc oxide tape
Burn dressing	Eye wash
Antihistamine/bite cream	Rehydration sachets

**REMEMBER** – Packaged first aid kits will probably not contain pain relief / blister plasters etc. so you will need to buy these as extra.



### EMERGENCY RATIONS

A small waterproofed bag/box containing enough high energy food-stuffs that would sustain an individual for an extra 24hour duration. This food would need to be non-perishable. A suggested pack would contain:

- Chocolate Bar**
- Pack of Jelly**
- Cup-a-Soup Sachet**
- Kendal Mint Cake**
- Cereal Bar**
- Haribo type sweets**
- Dried Fruit/Nuts & Raisins**

