



THE DUKE OF
EDINBURGH'S AWARD
www.DofE.org

Westhill Open Award Group

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FIRST AID KIT

Always share information about allergies
Submit updates to consent forms whenever necessary

Each participant should carry:

TRIANGULAR BANDAGE (cloth not a non-woven fabric)	For slings, pad for wounds (folded as in packet), bandage to secure dressings (folded 3 times long ways), bandage to immobilise injuries (folded 2 or 3 times long ways, cold compress (soaked in water), burn dressing (unfolded to cover larger burns) and many more uses e.g. sun hat
ANTISEPTIC CLEANSING WIPES	Cleaning hands before treating wounds, cleaning small wounds
ASSORTED PLASTERS*	Covering small wounds
WOUND DRESSINGS (LARGE)	Covering larger wounds, applying pressure to stop bleeding
NON-ADHERANT DRESSINGS (10cm x 10cm)	Covering small burns and grazes
BLISTER DRESSINGS	Covering small blisters or areas about to blister
NOTE PAD & PENCIL	DISPOSAL BAGS
PERSONAL MEDICINES Remember a change of environment or activity can trigger some conditions	Any regular or preventative medication taken e.g. asthma inhalers, hay fever or migraine tablets, epipen, antibiotics, pain relief. Never share your personally prescribed medicines.
REMEMBER TO TAKE OTHER SAFETY AND WELFARE ITEMS	Sun block, whistle, torch, survival bag, insect repellent* (recommend a midge head net)

Each team should carry between them:

WOUND DRESSINGS (MEDIUM & EXTRA LARGE)	CREPE BANDAGES (10mm & 7.5mm)	TWEEZERS
ELASTOPLAST STRIP* OR MICROPORE TAPE (25mm) Warning – won't stick to sweaty feet	PARACETEMOL TABLETS with dosage instructions	SCISSORS
	ANTIHISTAMINE CREAM	GLYCERINE & CALAMINE CREAM* or calamine lotion
	ANTISEPTIC CREAM*	
OTHER USEFUL OPTIONAL ITEMS are:	STERIPODS (20ml sterile eye wash)	FOIL BLANKET
	ALCOHOL HAND CLEANING GEL	STERILE GAUZE

*Always check for allergies before applying