









FIRST AID KIT - COMPULSORY

	Pressure Bandage min 2m * 75mm	Multiple bandages are permitted. Used to create localized pressure to site of injury or wound.
	Triangular Bandage	This bandage in shape of right-angle triangle can be used to make a sling, as normal bandage and other applications.
	Wound Dressing 2 x 7.5 x 7.5cm	Applied to wound to prevent further harm and promote healing. Self-adhesive or used in conjunction with a bandage.
	Strapping Tape	1x One roll of strapping tape. Can be used to secure bandages or dressings and in improvised splints.
	Water purifying tablets	Purifying tablets or system that enables Teams to purify water obtained in the area
	Antihistamine	4 x adult doses. Antihistamine inhibit the action of histamines and can be taken in event of allergic reaction.
	Anti-diarrhoeal medication	Medication to provide symptomatic relief for diarrhoea to help reduce excessive fluid loss.
	Medical Gloves	To protect the wearer and/or the patient from the spread of infection or illness.