

Our First Aid and Emergency Supplies

- Standard first aid kit with;
Band-aids, hypoallergenic plasters, gloves, gauze, antiseptic wipes, bandages of various sizes, dressings, tweezers, mouthpiece (for mouth to mouth), small pair of scissors, 2 eye pads, melanin and tape, triangular bandage
- Sterile water tubes for cleaning eyes with mud/dust etc
- One litre bottle of sterile water
- Cold pack for head bumps and swellings
- Insect and bite spray, insect bite cream, burn gel, pads of burn gel, spray on antiseptic
- Box of larger dressings bandages and army dressing/tourniquet particularly for those working with bladed tools
- Cling film / Saran wrap
- Something with sugar for low blood sugar (we have energy gels)
- Fire kit (lighter and some tinder in a small box)
- Survival blanket (the silver ones)
- Bivvy bag
- Headlamp
- Medical details of all of group and medical reporting bag
- Comforter for small people (we have a small stuffed bear)
- Whistle (boating whistles without a ball inside are best)
- Emergency procedures
- Reusable hand warmers
- Duct tape

What the Children Carry

- Safety blanket
- Extra socks and mittens
- Bread bags in case socks get wet
- Whistle on their jacket
- Snack – litter free
- Small amount of water in a bottle (we carry more for refills)
- Cup for tea
- Extra clothes if required (hats, underpants if prone to accidents...)
- Reusable hand warmers if they wish