



# EXPEDITION FIRST AID KIT

updated **9 March 2015**  
(replaces all previous versions)



**As part of basic safety, each DofE participant should carry their own first aid kit with them on expedition rather than, or in addition to, a communal kit for the whole team.**

Personal first aid kits allow participants to adapt their kit based on their needs, conditions or allergies. It ensures that each participant will have their own kit in the unlikely event they become separated on expedition. When personal kits are combined they

will provide sufficient resources to deal with more serious emergencies.

This list is an illustration of the type of items you may need in your first aid kit when undertaking a DofE Expedition. This list is to be used as a GUIDE only; speak to your Expedition Supervisor to ensure you have everything you need in your first aid kit as it may vary depending on the location of your expedition and mode of travel.

## **PERSONAL FIRST AID KIT** A personal first aid kit should include the following:

Got it	Packed it	Item needed (all this is included in the Lifemarque Camping First Aid Kit & Blister Kit)
		At least 2 pairs of disposable vinyl (latex-free) disposable gloves
		A large individually-wrapped sterile unmedicated wound dressing
		An individually wrapped sterile unmedicated wound dressing
		An assortment of individually wrapped sterile unmedicated adhesive dressings (e.g. Melolin squares)
		An individually wrapped triangular bandage
		2-3 individually wrapped antiseptic wipes
		Crêpe bandage
		Large safety pins
		Small pair of safety/medical scissors
		A pair of tweezers
		Assorted adhesive plasters (e.g. zinc oxide, fabric strip, waterproof)
		Microporous (medical) adhesive tape (or fabric adhesive tape)
		Blister plasters/blister kit
		Chiropody felt
		Burns wound dressing
		Eye wash (can also act as a wound wash)

Participants should make the Expedition Supervisor, Assessor, other staff and team members aware of any relevant medical condition that may impact on their (or others') safety. Participants should also make people aware if they are allergic to anything, including antibiotics or any other medicine or drug. In discussion with their Expedition Supervisor, participants might also include in their personal first aid kit appropriate personal medication, painkillers, antiseptic cream, antihistamine/bite cream and rehydration tablets/sachets.

All first aid kits should carry plenty of disposable plastic gloves to prevent contact with body fluids, especially blood.

For more information talk to your Expedition Supervisor and visit [www.DofEShopping.org/safety](http://www.DofEShopping.org/safety).