

## Hike First Aid Kit

### Sterile Pads

*Take about three or four pads of various sizes. Hold them in place with plaster strips or a bandage.*

### Triangular Bandage

*This is mainly used to support broken limbs. You could use your scarf in an emergency.*

### Cotton Wool

*Use this to clean wounds. Take a small amount.*

### Safety Pins

*Three medium sized.*

### Tweezers

*Take small tweezers.*

### Needle

*Poked in a bit of cork is best.*

### Scissors

*A small pair is safer than a single sided razor blade.*

### Plaster Dressings

*Band-Aids, Elastoplasts. Have about 12 assorted sizes in a small container*

### Bandage

*Two or three varying sizes*

### Card

*With your name, address and telephone number on. List anything you may be allergic to, and add any medicine that you take.*

### Matches

*For sterilising the needle. These should be in a small plastic container or bag.*

### Micro Pore Tape

*To stick any plasters down.*

