

## A personal First Aid Kit should now be part of your gear.

Items included in the kit should be able to treat:

- Cuts, abrasions and scratches
- Burns, Bites and stings
- Infection control
- Wounds and bleeding
- Poisoning
- Sprains and strains



Approximate Size of this kit:  
190 x 125 x 70mm

### Features:

Light weight, compact & durable.  
And should be easy to get to.

### CONTENTS:

Adhesive Shapes hypo-allergenic	Non-adherent Dressing 7.5x 7.5cm	Note pad & pencil
Adhesive Strips hypo-allergenic	Tape hypo-allergenic 2.5cm x 9m	Safety pins in bag
Antiseptic cream	Wound dressing	Scissors
Gauze Swabs 7.5cm x 7.5cm	Bag resealable med 15cm x 23cm	Bandage Conforming Light 7.5cm
Combine Dressing 10cm x 20cm	Emergency Accident Blanket	1 First Aid Quick Reference
Disposable Towels	Forceps -12.5cm SS Sharp	Triangular Bandage 110 x 110cm
Non-adherent Dressing 7.5x 20cm	Gloves Nitrile Medium pair	
<b>OTHER USEFUL ITEMS</b>		
Saline eye irrigation	Salt	Insect repellent
Eye patch	Hand sanitiser	Sun screen
Splinter probe	Whistle	Torch

### Important note:

**Check your kit regularly for out of date items and replace as required.**

### AVOIDING MINOR MISHAPS

#### Blisters

New boots should be broken in before you go bush. Wearing two pairs of socks or pre-taping sensitive areas can also help. There are several "artificial skin" preparations available to treat blisters. If fluid in a blister needs to be released, use a needle sterilised in a flame and cover with antiseptic and a dressing.

#### Bites, stings and other annoying things

**Leeches** are generally found in wet or damp forest areas. Wear clothing that minimizes skin exposure and wear gaiters or pull socks over trouser legs. Inspect during and after the walk for freeloaders. Leeches can be readily removed with a little salt, or saltwater solution if easier to apply to areas such as the eye. Bleeding may occur but can be easily stopped and irritation or itching may occur a day or two later.

**Ticks** are not commonly found in the Victorian bush except in coastal regions and East Gippsland. Inspect daily for these parasites. Small larvae stage ticks can be killed using a paste of bi-carb soda. Use fine, preferably curved tweezers or a piece of knotted thread as close as possible to the skin to ease out the tick. Take care not to crush or squeeze the body during removal. The source of toxins is removed once the body is removed. The affected area may swell a little and itch for a day or so.

**Repellents and anaesthetic creams** are useful in minimising irritations from bites or stings from ants, sandflies, march flies, mosquitoes, wasps or bees. Individuals with allergies should carry antihistamines or prescribed drugs for their treatment.

#### Strains and Sprains

Sprains occur when joints are forced beyond their normal movement. Sprains can be reduced by wearing boots with good ankle support and stopping regularly for sustenance. Avoid getting overtired. This can increase clumsiness. Adjustable walking poles can minimise stress on knee joints particularly during steep descents.

A **sprain** can be painful. If possible cool and elevate the injured joint. Apply a firm crepe bandage and continue the walk after a rest. Lighten the injured party's load, fashion a stick for support and do not rush their progress.

A **strain** is caused by over-stretching a muscle or tendon resulting in pain and a loss of power in the injured area. Treat as for a sprain. Stretching muscles prior to commencing a walk can help prevent strains.

#### Cramp

Is a sudden and painful involuntary tightening of a muscle. It is relieved by manually stretching the affected muscle, and then gently massaging the area, keeping it warm. Failure to replace body salts, lost through perspiration in hot weather, can result in heat cramps. They are avoided by making sure that when you are drinking a lot of fluid that you maintain an equivalent increase in food intake.

#### Minor Burns

Cool the burn area immediately in cold water (wet cloth if not possible) and continue treatment for at least 10 minutes. Do not apply cream or ointment. Cover with a clean dry dressing. Any blisters which form should not be deliberately broke