

Adventure First Aid Kit

This kit is designed to be lightweight but as comprehensive as possible to deal with your first aid needs encountered during adventure activities, walking, hiking, rambling, hill walking, camping, holidaying with the family and even business trips!

The Adventure First Aid Kit was a joint project between Clive Catton and Nick at JK Sonics to develop a first aid kit to meet Clive's needs when camping and more importantly lightweight backpacking where size and weight are as crucial as functionality. Commercially available kits failed in one crucial feature, most are already full not allowing enough room for Clive (or you) to add your own personal medicines. It was with this single requirement that the joint project was started.

The Adventure First Aid Kit has the following features:

- A case that has some extra room for personal medicines and extras. This case will hold an EpiPen or set of asthma medicines.
- Labelled plastic bags are supplied for personal medications.
- Has well thought out components to cope with most adventure first aid situations.
- Has some specific items that would be needed in the "wilds" to make a casualty comfortable and safe whilst better equipped help arrives.

- Useful extras and refill packs are available from www.jksonics.co.uk.
- *The CPR mask will be replaced free of charge if you have to use it. Let us know via the web site.*

Clive Catton is the Support & Technical Director at **Octagon Technology**. Octagon provide responsive and reliable IT support for Lincolnshire. Find out more about them at www.octagontech.com.

He blogs about walking, camping, photography, technology and other stuff at www.clivecatton.co.uk and Twitter @clivecatton.

Nick Hargreaves, Director at **JK Sonics Ltd**, First aid training and safety supplies. Nick is passionate about providing the correct advice, training and products to businesses and people, protecting against and avoiding serious injury whenever possible. For more information please visit www.jksonics.co.uk.

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Cleaning/antiseptic		
Moist wipe (0.9% sodium chloride solution)	2	For cleaning wounds
Savlon cleansing wipes with antiseptic	2	Will also soothe bites and stings
Antiseptic wound wipes	2	For cleaning wounds
Waterjel burn sachet (4g)	1	Soothes minor burns
Sterile irrigation water (20ml)	1	Eye wash and for cleaning wounds
Minor wound dressings		
Water proof plaster assortment	9	6x 7.2cm x 2.2cm, 2x 7.2cm x 5cm, 1x Fingertip plaster
Blister plasters	2	6.8cm x 4.3cm
Larger wound dressings		
Low adherent wound dressing pad	1	7.5cm x 7.5cm
Waterproof PU dressing	1	8cm x 6cm
Skin Closure Strips	8	0.4cm x 7.6cm
Bandages		
Non-woven triangular bandage	1	Can be cut up for smaller bandages
Cotton crepe bandage	1	7.5cm x 4.5m – suitable as a support bandage or for securing the low adherent wound dressing

Hygiene barriers		
Large nitrile, powder free gloves (pair)	1	Latex free
Flat CPR face shield	1	
Accessories		
Adult space blanket	1	
Safety pins	2	
Empty ziplock bags	2	For user medicines
JK Sonics First Aid leaflet	1	
Personal information card	1	
Adventure First Aid Kit leaflet	1	
Optional extras (ordered separately)		
Tick card		For safe and correct removal of ticks
Lightweight emergency shears/scissors		Can cut clothes and bandages (37g)
Emergency whistle		
Sun cream sachets (5g) SPF 30		Pack of 10
Note - all items marked with use by dates where required Read all packaging for detailed instructions		

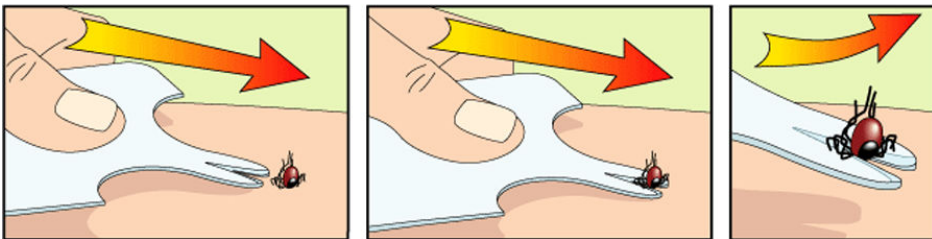
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Tick Card

Safe and correct removal of large and small ticks.
Removes the tick without squeezing it.

Method

- Slip the notch under the tick.
- Lift the front slightly and then gently push forward.
- Allow the tick to let go and be pulled out of the skin – do not force it.



Remove small, not yet engorged ticks and bee stings with the smaller notch – it can also be used for thorns and splinters.

No need to use pincers, tick-tweezers or chemicals!

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Name of casualty	Age	Time of incident
Description of incident		
Description of actions taken – <i>note any medication, drink or food given</i>		
Did the casualty stop breathing?		
Did the casualty lose consciousness?		
<i>If so for how long and did it repeat?</i>		
Were you able to talk to the casualty?		
Known medical history		
Known allergies		
Known medications		
Other information		
Your name and contact details		