

Below is a list for different levels of first aid kits. Please attend a very good first aid course before administering first aid. Remember first aid courses are usually only valid for 2 years. This is because most people forget what they learned, and medical science is constantly changing, improving techniques and methods, and we all need to keep up with medical science.

First Aid Kit Supplies

Must Have – Essential Items

Injuries		
Quantity	Description	Use
5 Pairs	Latex Examination Gloves	Protects you and the patient
1	Rescue Scissors, blunt tips	Cutting seat belts, clothing, dressings, etc.
1	Tweezers	Removing splinters, bee stings, dirt from wounds
6	Safety pins	Fixing bandages in position, clothing repairs
1	CPR barrier device	Giving ventilations to a patient
6	Assorted FAD bandages	Bandage with attached dressing pad to stop bleeding
1	Gauze pack, 75mm x 75mm x 100	Wound cleaning, stopping bleeding
3	Crepe Bandages 75mm	Covering wound dressings, supporting sprains & splints
3	Crepe Bandages 100mm	Covering wound dressings, supporting sprains & splints
1	Elastoplast roll 75mm	Attaching wound dressings, supporting sprains & splints
1	Box of Band Aids	Covering minor wounds
1	Roll of dressing plaster tape	Covering bigger minor wounds
1	100ml Dettol / Savlon	Disinfecting wounds, cleaning blood spills, removing ticks
1	Antiseptic Oint. - Savlon, Bactroban	For minor wounds
2	Burn shield 100mm x 100mm	Apply to burned areas
1	Burn shield 200mm x 200mm	Apply to burned areas
1	Plastic Zip-Lock bag	To keep all infected materials used until safe disposal
1	Pack Wet Wipes	Cleaning
2	Packs Steri-Strips	Wound closures
1	Foil / Rescue Blanket	Shock / Hypothermia
Illness		
10	Imodium	Stops diarrhoea
10	Nauzine	Stops nausea
10	Hyospasmol	Stops tummy cramps
5	Rehidrat	Replaces lost electrolytes and salts
20	Paracetamol	Pain, fever
20	Ibuprofen	Anti-Inflammatory
20	Colds & Flu medicine	Colds & Flu
20	Antihistamine Tablets	Minor allergies – systemic
1	Antihistamine cream	Minor allergic reactions - superficial
20	Aspirin	Pain, fever
5	Refresh eye wash	Dry eyes, minor eye irritations
20	Rennies antacid	Heartburn
1	Clove oil	Toothache
10	Senokot	Constipation
1	Digital Thermometer	Measure Fever

20	Omeprazole 20mg Tabs	Severe heartburn / Indigestion
1	Canestin / Daktarin Ointment	Antifungal / Athletes foot / Dhobi's Itch
1	Proctocedyl / Anusol Ointment	Anal complaints
20	Puritabs	Water purification

Good to Have

Injuries		
Quantity	Description	Use
10 Pairs	Latex examination gloves	Extra gloves for extended periods away
10	Conforming bandages various sizes	Additional bandaging uses
1	Waterless Hand Sanitizer	Disinfecting hands before and after treating patients
2	Hot packs	Chemical pack to warm injured areas
2	Cold packs	Chemical pack to cool injured areas
5	Assorted sizes splints	Immobilising fractures
10	Tampons	Really good at controlling bleeding in deep wounds
5	Sanitary pads	Good for covering deep bleeding wounds
2	Eye Pads	Cover both eyes in event of injury to one
1	Eye wash solution	Rinsing eyes after chemicals or dust etc. in eyes
20	Webcol alcohol swabs	Cleaning minor wounds, cleaning before injection
1	Friars balsam	Minor wounds, assisting Elastoplast to really stick
1	Burn shield Gel bottle	Add to Burn shields as they dry out
1	Roll Cling wrap	Cover Burn shields to prevent drying, cover bandages etc.
1	Flammazine ointment	Further treatment of burns
20	Ear buds	Application of ointments, solutions
10	Assorted sterile hypodermic needles	Removing splinters, opening boils, blisters etc.
3	Sterile disposable scalpels	Removing hair around wounds, cutting away dead skin
5	Blister plasters	Cover blisters from walking in shoes
Illness		
100	Multivitamin tablets	Assist in recovery after illness, maintain good health
20	Voltaren Tablets	Muscular and skeletal inflammation
10	Voltaren suppositories	Muscular and skeletal inflammation
2	Eye drops medicated	Eye injuries & infections
1	Remicaine Gel tube	Local anaesthesia for injuries
24	Strepsils	Sore throats
10	Citro Soda sachets	Heartburn, urinary alkaliser
1	Nasal decongestant spray	Runny noses
1	Cough syrup – expectorant	Get it out during the day
1	Cough Syrup – suppressant	Stop coughing at night
5	Multistrain Malaria test kits	Test for malaria when showing symptoms
2	Co Artem / Riamet / Co Arinate	Malaria treatment, boxes of 24 tablets
30	Ciprofloxin Tabs (Antibiotic – script)	Severe diarrhoea, Bladder infections
30	Metronidazole (Antibiotic – script)	Severe diarrhoea
30	Augmentin (Antibiotic – script)	Skin, dental, respiratory infections (penicillin allergy!)
20	Canestin Pessaries	Vaginal thrush
20	Prednisone Tabs 5mg	Severe skin allergies, severe asthma, severe gout

Nice to have – strict professional medical supervision required!

Injuries		
Quantity	Description	Use
1	Complete suture kit	Closing wounds
10	Xylotox Plain	Local anaesthetic
10	Xylotox with Adrenalin	Local anaesthetic, stops bleeding
3	Quick clot bandages	Contains chemical that stops severe bleeding
10	Assorted hypodermic needles	Giving injections
10	Various Syringes	Giving Injections
1	Blood pressure cuff – manual	Measuring blood pressure, stopping bleeding in extremity
1	Stethoscope	Listening to breathing, blood pressure, engine knocks
5	Rolls Plaster of Paris	Make back slab for fractured limb
3	Ringers Lactate 1000ml drips	Fluid replacement for blood loss, hypovolemia
3	Balsol 1000ml drops	Fluid replacement for blood loss, hypovolemia
3	Normal Saline 0,9% 1000ml drips	Administration of medications, dehydration
3	Drip admin sets 10 drop / ml	Administration of drips fast
3	Drip admin sets 60 drop / ml	Administration of drips slowly
5	Large bore IV cannula needles	For drips that need to go fast
5	Small bore IV cannula needles	For drips that need to go slow
5	Opsite IV site dressings	Covers site of IV needle to prevent infection
20	Webcol alcohol swabs	Cleaning areas before injection / IV
1	Neck Brace	When neck spinal injury is suspected
Illness		
1	AED – Automated External Defib.	Automatically gives heart shocks when in cardiac arrest
	Various Antibiotics	Fights bacterial infections
5	Dextrose 50% 50ml sachet	Sugar replacement for diabetic coma, severe malaria
10	Analgesia (morphine / Tramadol)	Severe pain and heart attacks
5	Maxolon Ampoules	Prevents nausea from pain medication
10	Promethazine 25mg ampoules	Combats severe allergic reaction
5	Buscopan ampoules	Severe stomach cramps
5	Voltaren 75mg ampoules	Severe muscular pain, skeletal inflammation
20	Activated charcoal tablets	Absorbs ingested poisons and medications
10	Polyvalent Snake antivenom	Combats effects of specific types of snake's bites
10	Adrenalin ampoules	Combats catastrophic allergic reaction – anaphylaxis
10	Sleeping tablets	Help to sleep when sick or in pain
10	Valium tablets	Calms nerves after trauma, helps to sleep
5	Valium ampoules	Stops epileptic seizures, strong muscle relaxant
1	Glucometer	Measures blood sugar levels
5	Quinine ampoules	For severe malaria treatment
1	Adrenalin pen	Severe Allergy / Anaphylaxis
Children / Babies / Infants		
1	Panado Syrup	Pain, fever – correct dosage!
5	Empaped Suppositories	Reduces fever in babies and infants – correct dosage!
1	Bottle Valaron drops	Severe pain in infants and babies, small children – dosage!

NOTES:

Persons suffering with chronic conditions such as diabetes, hypertension, angina, etc. must always ensure a sufficient back-up supply of their medication. Normal medication can get lost, can become contaminated, or can be confiscated at a border post, etc. etc.

The numbers of items listed here can also be adjusted up or down depending on the number of people in your party or group. Also depending on amount of time to spent away or remoteness of location to be visited.

Most of the items listed in the “Nice to have” section will require a Doctors’ prescription at least, and are usually only available to medical professionals.

This list is a guide and does not claim to be the Alpha or Omega for first aid kits. It’s what I have found to be most useful when operating in remote locations, or where quick treatment of a minor ailment allows people to continue with their trip or event without always having to stop and seek out a doctor or hospital. I also must insist that all medicines must retain their package inserts, these are the instructions on when and why to give them, what the dosage is, and what the side effects may be. Always check for allergies BEFORE giving any medicines, and if in doubt, don’t give the medicine!

What you decide to pack your first aid kit into is entirely up to you. Just remember that the contents should stay cool and dry and clean. They are generally expensive and very difficult to replace in remote areas.

I have several kits, depending on the trip or job to be done. I personally like the canvas type fishing box with plastic boxes for lures etc. inside. I put my medicines into these boxes, and label each box with its contents. This makes it very easy to find what I am looking for and the medicines are kept safe and secure. What I have found to be useful is to keep the bag with the advanced stuff packed and sealed away, and a smaller kit for the “basics” like minor scrapes or tummy bugs etc. much more easily reachable.