



SwissMountainLeader

approved first aid training

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Minimum suggested contents

- A guidance leaflet
- 20 individually wrapped plasters (Assorted sizes)
- 2 sterile eye pads
- 2 triangular bandages (Individually wrapped and preferably sterile).
- 6 medium sterile wound dressings (Individually wrapped and un-medicated)
- 2 large sterile wound dressings (Individually wrapped and un-medicated)
- At least 3 pairs of disposable gloves
- 6 safety pins

Outdoor First Aid Kit

1. Bothy bag / emergency or group shelter
 - To provide instant shelter wherever you are.
2. Casualty report form
 - To record all details needed for the mountain rescue, as well information found in the Primary and Secondary assessments, plus somewhere to record the vital signs as you await rescue.
3. Waterproof notebook and pen
 - Note pads can be used if you don't carry a casualty card to jot down information about your casualty.
4. Scissors
 - For cutting tape, dressings or clothing and kit if necessary.
5. Non-adherent dressings like Melolin
 - These are useful for wounds that have a light amount of leakage. Large ones can be cut down to size if necessary.
6. Gloves
 - Several pairs of Nitrile examination gloves (not latex as some people are allergic to it).
7. Duct tape
 - Multiples uses.
8. Wound dressings
 - A dressing pad attached to a bandage is useful on bleeding wounds.
9. Little gauzes
 - To mop up blood.
10. Safety pins
 - Useful for to secure bandages and handy if you need a needle. They are also great for improvising both elevated and lower arm slings by pinning the sleeve of the injured arm to the casualty's clothing.

11. Saline pods
 - Used to irrigate wounds (or the eyes to wash out foreign objects eg. insects).
12. Mediwipes
 - Pre-packed wipes for cleaning wounds.
13. Micropore or Transpore tape
 - Can be used to secure dressings in place, or help immobilise injured fingers or toes.
14. Compression Trauma Dressing
 - Military trauma dressing for big bleeds.
15. Compeed for blisters
 - A special type of adhesive dressing for use with blisters.
16. Dioralyte
 - Rehydration sachets (particularly useful in summer).
17. Blizzard Jacket
 - Handy little compressed survival jacket with sleeves and hood to keep a casualty warm (used to be called a Blizzard Vest but they now have sleeves).
18. A bandage / support bandage
 - This could be crepe or a support bandage. Used to hold a dressing in place, to secure a splint on a fracture or directly onto the skin to help support an injured muscle or joint.
19. Plasters
 - For minor cuts.
20. Triangular bandage
 - Can be used to hold dressings in place or as a sling for splinting. Can be fashioned into a broad or narrow bandage to secure fractured limbs.
21. Steristrips
 - These are strips of special tape that can close a wound that has reasonably straight edges ie. a slice.
22. Painkillers
 - paracetamol / ibuprofen. Also, aspirin (300 mg) for use with heart attack casualties. Copy the information that accompanies the drugs (such as dosage and contraindications) onto water proof paper and keep it in your first aid kit.
23. Face shield
 - (For giving CPR) offers some form of protection when performing mouth to mouth resuscitation.
24. Hypostop
 - energy gel for exhaustion or hypothermic casualties.

Other items you could include:

1. Cling film for burns
 - Simply used as a dressing when placed over a burn
2. Small head torch
3. Plastic bags