

# Medical Kit & Other Tips

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## Remember

### PRIMARY SURVEY

D, R, C, A, B, C = Danger, Response, Catastrophic Bleed, Airway, Breathing, Circulation

### SECONDARY SURVEY

Head to Toe examination for further injuries

## Emergency First Aid

1. Medical Kit items in RED can be used as minimal trauma kit.
2. Please check on vaccinations required for the countries you travel to.
3. Sunglasses are advisable. Sunhat

## VACCINES (NHS)

- MMR, Pneumococcal Inf, Hep b, TB
- Yellow Fever, (DTaP/IPV/Hib)
- Meningitis C, Chicken Pox, PEP

## MEDICATION

- Pain Relief/anti inflammatory
- Antibiotics
- Cold Remedy

- Antihistamine
- Rehydration-ORS/Diaoralyte
- Anti diarrhoea
- Anti Malaria (+ mosquito net), sting relief
- SPF Skin Protection
- Travel Sickness
- Eye Drops
- Anti-insect spray -Avon Skin so Soft (original)/Deet

## MEDKIT

- GLOVES (T) x 2
- LAERDAL FACE SHIELD
- OPA/NPA (airway)
- RUSSEL CHEST SEAL (T)
- CELOX Z-FOLD GAUZE (T)
- CAT TOURNIQUET (T) x 2
- TRAUMA FIX DRESSING (T) x 2
- SAM SPLINT
- STERILE GAUZE PACKING
- STERISTRIPS
- PLASTERS
- SHEARS W SAFETY TIP
- BURNS DRESSING x 2
- MELOLIN DRESSINGS X 4
- ZINC OXIDE TAPE
- HEAD TORCH
- VELCRO STRAPS X 1 Pk
- SALINE SOLUTION X 2