

DofE expedition kit tips:

WHAT'S IN A FIRST AID KIT?

TOOLS

Safety pins:

Not only a first aid kit essential, but can also help with any minor kit repairs you might face along the way.

Tweezers:

Helps remove debris such as glass, dirt, or splinters from a wound. Can also be used for tick removal.

Scissors:

For cutting adhesive tapes and bandages.

Thermometer:

A fever can happen so it is good to be prepared to check and monitor a person's temperature if they fall ill.

MEDICAL SUPPORT

Bandages:

Bandages can have many uses - holding dressings in place, control bleeding and supporting injured limbs. There are a few types of bandages that are good for different purposes - crepe, triangular and open woven.

Before you go, practice applying a bandage or simple dressing. It can help to be able to do it on yourself and on someone else.

Creams and sprays:

For antiseptic purposes as well as treating conditions such as skin rashes, insect bites and stings. Ensure you don't have any allergies to the creams you bring.

Medication:

Painkillers such as paracetamol or ibuprofen will help for a headache, or any swelling if you injure yourself. Don't forget items for personal medical needs you might have, such as antihistamines or antibiotics.

When you do your DofE expedition, you'll need to know how to keep yourself safe in the outdoors and act in an emergency. Preparing and training with a first aid kit helps you look after yourself and others.

You can adapt any first aid kit to your needs by adding specific items for any conditions, allergies or other medical needs you might have on your journey.

Familiarise yourself with your first aid kit before you head out on your expedition. Check all the contents are there and clearly labelled.

For more serious injuries, always carry the contact details of a hospital or rescue service for the area you are in.

Lifesystems Camping First Aid Kit



PREP, DISPOSABLES, TAPE

Sterile gloves:

To reduce the risk of infection and cross-contamination when treating others' wounds.

Hygienic cleansing wipes:

Any wounds you may get need to be cleaned before dressing them to prevent infection.

Adhesive/micropore tape:

To fix bandages and dressings.

Burn gel sachet:

Accidents happen, so any minor burns from your stove or fire these sachets will instantly soothe and cool burns, scalds, and sunburn, relieving discomfort and preventing further tissue damage.

Gauze swabs:

Absorbent dressing which is ideal for cleaning and covering cuts, grazes, and minor burns. These will help protect your wound from any further damage or discomfort.

DRESSINGS

Assortment of different sized plasters:

To protect wounds and prevent infection (waterproof are best).

Blister plasters:

To cushion affected area, protect open blisters from infection and dirt, and prevent new blisters forming. Prevention is better than a cure - so if you know you are prone to blisters, put a plaster on to protect your feet from the start.

Other types of dressing:

To treat cuts and dress wounds: sterile adhesive, sterile non-adhesive, small eyepad wound dressing

More advice about first aid on a DofE expedition, as well as the official DofE Expedition Kit List, can be found at [DofE.org/shopping](https://www.dofe.org/shopping)

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