



## YCP - Expedition First Aid Kit



- Disposable gloves.
- An assortment individually wrapped sterile unmedicated wound dressing
- An assortment of individually wrapped sterile unmedicated adhesive dressings.
- An individually wrapped triangular bandage.
- 2-3 antiseptic wipes.
- Crêpe bandage.
- Safety pins.
- Small pair of safety/medical scissors.
- A pair of tweezers.
- Assorted adhesive plasters (e.g. zinc oxide, fabric strip, waterproof).
- Microporous (medical) adhesive tape (or fabric adhesive tape).
- Blister plasters/blister kit..
- Personal Medication (Antihistamines, Pain killers etc.).