

# FIRST AID KITS – Suggested items

Michael O'Reilly, a local Pharmacist gave a presentation to the members of Wagga 4WD Club recently and said: "As a Pharmacist travelling in remote areas, I am often asked for First Aid advice and equipment ("The bloke over there tells me you're a pharmacist. You wouldn't have a INSERT PRODUCT on you by any chance...?").

I never used to have much of a First Aid kit until surviving a head-on collision with a Telstra truck on Cape York in 1986 made me more wary.

I've found it best to buy a tackle/tool box and fill it up with the things I want. Mine has heaps and I have a typed list of what's in it on the inside so I can replenish it all when I get home."

Here are some ideas:

- Ventolin Inhaler (for asthma)
- Small torch (for looking down throats, in ears)
- Eye bath and eye pads (getting the Simpson Desert out of eyes)
- Sunscreen
- Tweezers (splinters and ticks)
- Scissors
- Thermometer
- Nurofen liquid and tablets (pain, fever and inflammation)
- Imodium (diarrhoea)
- Maxolon (vomiting)
- Phenergan (travel sickness and allergies)
- Amoxil and Keflex (antibiotics)
- Chlorsig Drops (eye infections)
- Chlorsig Ointment (eye infections and skin burns)
- Small Dettol (antiseptic)
- Plastic ampules of saline (for washing wounds/eyes)
- Sofradex Eardrops (ear infections)
- Melolin dressing pads (many sizes)
- Fixomull dressing tape (for burns and grazes)
- Leukostrips (like a butterfly closure for cuts)
- Triangular bandages (for slings)
- 1% Cortisone cream (bites, stings, allergies)
- Splinter probe and EMLA cream (anaesthetic for removing splinters)
- Spare whistle and compass (bushwalking and navigation)

Michael also said, "And remember, any First Aid kit is only as good as the person who opens the lid....."

So get some basic training!!!"

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