

Dual Purpose and Off-Road Rider Training



Rider training that inspires skills, confidence and camaraderie

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Bookings: 085 146 6328 or
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Suggested First Aid Kit List

(adapt according to trip and/or first aid/medical qualification)

Note: Adapt based upon the trip and how load is shared in the group

Important:

Any medication must be checked with a Physician before it is acquired or used.
Be aware of any special medical concerns you and your friends have when assembling the kit!
Be aware of how you treat or assist other individuals from this kit!

THERE ARE VERY GOOD MEDICAL PACKS THAT CAN BE ACQUIRED FROM GOOD PHARMACIES THAT CONTAIN KEY COMPONENTS.

Medical information

<input type="checkbox"/> ICE Tag	<input type="checkbox"/> Personal list of allergies	<input type="checkbox"/> Personal list of surgeries
<input type="checkbox"/> Personal list of chronic medication	<input type="checkbox"/> Personal list of emergency details	

Medication

<input type="checkbox"/> Analgesics, incl strong pain killers	<input type="checkbox"/> Anti nausea tablets	<input type="checkbox"/> Antiseptic cream i.e. Zambuk
<input type="checkbox"/> Antihistamine tablets	<input type="checkbox"/> Anti-diahorrea, i.e. immodium	<input type="checkbox"/> Anit-emetics i.e. Valoid
<input type="checkbox"/> Anti-inflammatory i.e. Voltaren, etc	<input type="checkbox"/> Cold and flu medicine	<input type="checkbox"/> Charcoal Tablets
<input type="checkbox"/> Nasal Decongestant Spray, 1/2 fl oz	<input type="checkbox"/> Oral Rehydration Salts (Rehydrate)	<input type="checkbox"/> Sunscreen (SPF 40+)
<input type="checkbox"/> Backtroban antiseptic cream	<input type="checkbox"/> Glucose Sachets	<input type="checkbox"/> Arnica Oil
<input type="checkbox"/> Cepacol	<input type="checkbox"/> Tissue Salts No 8	<input type="checkbox"/> Lip Balm (With SPF)
<input type="checkbox"/> TransAct patches	<input type="checkbox"/> Sugar (for shock) or glucose sachet	<input type="checkbox"/> Stingoze
<input type="checkbox"/> Staal druppels - stops bleeding instantly	<input type="checkbox"/> Deep Heat Patches	<input type="checkbox"/> Malaria Herbal Drops
<input type="checkbox"/> Zentel 200mg	<input type="checkbox"/> Arnica Oil	<input type="checkbox"/> Mosquito Repellant
<input type="checkbox"/> Voltaren Suppository - Strong pain killers for broken legs etc. Tramal, Tramadol, Pethadine ampules	<input type="checkbox"/> Ranihexall (instead of ENO's)	<input type="checkbox"/> Sterile water eye drop sachets/ampules
<input type="checkbox"/> Sinal Co Flu Tablets	<input type="checkbox"/> Stingoze - for insect bites/stings	
<input type="checkbox"/> Cataflam-D	<input type="checkbox"/> Panado Tablets	<input type="checkbox"/> Burn shield Hydro Gel
	<input type="checkbox"/> Savlon	<input type="checkbox"/> CalCvita
	<input type="checkbox"/> Personal chronic medication	

First aid

<input type="checkbox"/> Space Blanket	<input type="checkbox"/> Cotton wool	<input type="checkbox"/> Band aids
<input type="checkbox"/> Immobilizer swing	<input type="checkbox"/> Triangular bandage x 1	<input type="checkbox"/> 75mm x 5m roller bandage x 2
<input type="checkbox"/> Compression pads x 2	<input type="checkbox"/> Elastoplast roll x 1	<input type="checkbox"/> Burrefly plasters
<input type="checkbox"/> Assorted adhesive strips	<input type="checkbox"/> Sterile gauzes x 10	<input type="checkbox"/> Burn shield
<input type="checkbox"/> Assorted dressing pads x 5	<input type="checkbox"/> Sterile eye patch	<input type="checkbox"/> Water Disinfection Tablets (Bottle/50)
<input type="checkbox"/> Immobilizer swing		

Instrument and other miscellaneous

<input type="checkbox"/> Scissors	<input type="checkbox"/> Tweezers	<input type="checkbox"/> Rubber gloves
<input type="checkbox"/> Mouth-to-mouth breather	<input type="checkbox"/> Emergency blanket	<input type="checkbox"/> Assorted safety pins x 10
<input type="checkbox"/> Scalpel	<input type="checkbox"/> Alcohol swaps	<input type="checkbox"/> Disposable gloves x 3
<input type="checkbox"/> Sterile syringes & needles	<input type="checkbox"/> Unscented sanitary pads/tampons	<input type="checkbox"/> Non-lubricated condoms
<input type="checkbox"/> Tube of superglue	<input type="checkbox"/> Insulation tape	<input type="checkbox"/> BIC lighter
<input type="checkbox"/> Small cable ties	<input type="checkbox"/> Pencil	<input type="checkbox"/> Thermometer, digital
<input type="checkbox"/> Waterproof matches	<input type="checkbox"/> Scrub brush	<input type="checkbox"/> EMT Shears, 4"
<input type="checkbox"/> Emergency Reflective Blanket, 60" x 96"		

Notes and/or comments
