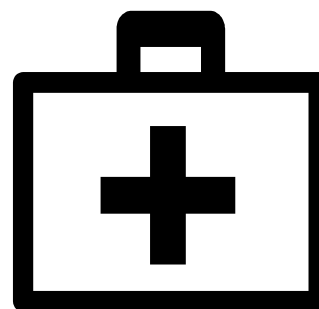


FIRST AID KIT



- **Arnica** tablets or globules in a 30c potency
- **Aconite** tablets or globules in a 30c potency
- **Rescue Remedy**
- **Cotton wool** (balls or pleated)
- **Sharp scissors**, preferably with rounded ends
- **Gauze swabs** (Swabs: Gauze 7.5 x 7.5cm 12 ply BP Type 13) can be bought in sterile packs of five or regular packs of one hundred (I usually use the latter)
- **Tape** (Permeable non-woven synthetic adhesive tape, 1.25cm x 5m) generally known as 'Micropore', 'Clinipore', 'Medioplast'
- **Crêpe Bandages**; 5cm x 450cm, 7.5cm x 450cm several (can be washed)
- **Vaseline** – there are non petroleum alternatives, even ones that you can make at home¹, but any ready made impregnated wound dressings such as *tulle gras* or 'Jelonet' (Paraffin Gauze Dressing BP 1993) will contain the petroleum variety.
- **Hydrogen Peroxide BP or USP 3% or Calendula Tincture**
- **Large safety pins**
- **Tweezers***
- ***6" Curved Nosed Fishing Forceps**, are much more effective for removing splinters than tweezers, they grab the splinter better (c £2.50 guide price incl postage)
- **Steristrips** 3mm x 75mm NB 'micropore' can be cut into strips and used for the same purpose.
- **Large triangle of cotton** to be used as a sling
- **[Cling film, Bicarbonate of Soda, Vinegar]**

I do not recommend Savlon, antiseptic dressings, antiseptic wipes or creams. In my opinion, these products which contain antiseptics such as chlorhexidine, kill off the fairly harmless germs and allow the more problematic ones to accumulate.

It is far better to wash a wound with water +/- soap and then irrigate it with Hydrogen Peroxide, which floods the area with oxygen (anti-tetanus) than to put on creams and lotions that can sting, act as irritants and interfere with wound healing.

1 Non-Petroleum Jelly Formula <http://www.care2.com/greenliving/non-petroleum-jelly-formula.html>