

## PERSONAL FIRST AID KIT:

- Personal medications
- Over-the-counter pain relief medication
- Insect repellent [great for leeches too!]
- Blister dressings/kit and tape for hot-spots
- Assorted band-aids
- Tweezers
- Heavy crepe bandage [7.5cm x 2.3m] or self-adhesive strong support bandage
- Small adhesive medical dressing [5 x 7.2cm]
- Medium adhesive medical dressing [6 x 9cm]
- Antiseptic handwash
- Antiseptic wipes
- For leeches
  - Saline 15ml [Eye and wound wash]
  - Cotton buds
  - Salt
  - Antiseptic cream
  - Antihistamine tablets