

Contents for emergency bag

First Aid kit (appropriate for number of people out and remoteness of site.) Kit needs to be regularly checked and re-stocked

- Gloves (in sealable bags, which can then be used for safe disposal of soiled items)
- Swabs
- Bandages (cotton, sizes...)
- Plasters
- Micropore tape
- Accident book
- Emergency procedures
- Medical information and emergency contact details for all in group, including adult helpers and leader of sessions
- Mobile phone or walkie-talkie

Other items you may need:

- Sterile water (for washing out wounds or eyes)
- Scissors
- Welfare kit (wet wipes, hand gel, nappy sacks, feminine hygiene)
- Spare clothing
- Cling film
- Emergency whistle
- Torch
- Roll mat
- Survival bag (orange)
- Emergency shelter
- Medication for individuals
- Emergency fire kit
- Thermos of hot water
- Chocolate / sugary food
- Gaffa tape