



Personal Outdoor First Aid Kit

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Emergency Trauma Bandage	1	
Fabric plasters & Assorted plasters (knuckle/ fingertip) <i>all in one zip lock bag</i>		25 / 6&6
Antiseptic wipes <i>inside the bag with plasters</i>		2
Cohesive Bandage (red or yellow so it can be seen) 1		
Nitrile gloves		1 Pair
Paracetamol & Ibuprofen <i>both in one zip lock bag with the back of the box for instructions</i>		20 each
Emergency Foil Blanket		1
Gauze Swaps		2
Saline 15ml <i>inside cohesive</i>		1



Packed in a 1Ltr
S2S "Dry Bag"



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