

Sea Kayak - Basic First Aid Kit

A list of items you may wish to consider when creating a **Basic First Aid Kit** for day/overnight sea kayaking paddles:

Alcohol swabs – multiple; to disinfect wound site, bites, stings, before applying dressing

Antihistamine – allergy

Antiseptic cream or lotion

Aspirin – Blood thinner, toothache, pain relief

Band-aids waterproof, multiple sizes and dimensions

Betadine tube – antiseptic lotion

Burnaid – Burn gel and or Burn dressing

Calmoseptine cream – chaffing, salt sores, nappy rash, skin irritations, abrasions, minor wounds

China Graph pencil or water proof paper and soft pencil, to record time, symptoms.

Coban Bandage – self-adhesive bandage (no need for pins or clips)

COVID – N95, 3-layer disposable face masks x 3

Crepe Bandages – multiple in different sizes and dimensions.

Eye wash kit – 10 ml normal saline x 3

Emergency Blanket (space blanket) – for hypothermia

Fixomull or Mefix – white stretchy, self-adhesive breathable bandage, can be cut to size.

Gastro Stop – diarrhea

Gauze swabs – multiple - to clean & dry wounds, padding, protection – before dressing

Gloves – disposable x 3 pairs

Hyrdalyte – gastro and electrolyte replacement.

Ibuprofen or Diclofenac – anti-inflammatory – take after eating food

Mefix or Fixomull – white stretchy, self-adhesive breathable bandage, can be cut to size.

Melolin – non-stick primary dressing

Needle (large bore, sterile, hypodermic) or sterile scalpel – splinter removal

Paracetamol – pain relief

Permanent marker – to mark the outside of the band after snake bite

Poncho – \$2; A quick go to for on the water hypothermia – will cover over life jacket etc.

Prescribed medications that have been medically prescribed by your health professional

Safety clips – nappy pins

Sea Sickness Tablets – non drowsy

Scissors

Sling – Triangular bandage x 2

Snake Bite Bandage (with PIT = Pressure immobilization Technique) indicator.

Space Blanket (emergency blanket) – Hypothermia

Steri-strips or butterfly sutures – different sizes; used to pull small wound edges together

Stop itch – insect bite relief

Sunscreen

Super Glue – to glue cuts together.

Syringes – 10ml x 3

Systane eye drops – Lubricating eye drops.

Tegaderm – transparent film dressing – great for blisters, to cover burns, skin tears

Thermometer

Tick Tox – Tick removal spray

Tourniquet – latex free (optional)

Triangular Bandage x 2 (sling)

Tweezers or Forceps

Vaseline or Calmoseptine cream – chaffing, salt sores, nappy rash

Voltaren Gel – anti-inflammatory gel

Zips – make sure that first aid kit does not have a metal zip (it will rust with the salty water).