

Company: Thistle Trekking LTD	<b>First Aid Kits – Long Distance Trails</b>	Compiled by: Scarlet Trevett
Date completed: November 2011	All policies should be reviewed if changes are made to the trip, e.g. the group, transport, ratios etc.	Reviewed: 24.1.2019

During all guided long distance trails the guide must carry a small, emergency first aid kit which must include the items listed below, however other items can be added to it by the guide:

- 2 x non adhesive small dressings
- Microporous tape
- 1 x triangular bandage
- 1 x conforming bandage
- Gloves
- 2 x antiseptic wipes
- 3 x plasters of any size
- 1 x large adhesive dressing
- 1 x eye wash
- Tick tool
- Aspirin

A larger first aid kit must also be carried in the support vehicle to replace used items in the guide kit and also for a larger variety of supplies, this must contain at least the items below at the start of any long distance trail:

- 5 x non adhesive small dressings
- Microporous tape
- 3 x bandages (triangular, finger and conforming)
- Gloves
- 5 x antiseptic wipes
- 5 x plasters of any size
- 2 x large adhesive dressing
- 2 x eye wash
- Hand Sanitizer
- Scissors
- Tweezers
- Tick tool
- Antihistamines
- Paracetamol
- Ibuprofen
- Aspirin