

FIRST AID KIT

First aid kits are personal and should be tailored to your knowledge, the terrain you are walking in and the group you are with. I prefer to pack my items into a waterproof bag instead of purchasing a ready made kit. Here is a list of items I carry for a lowland walk:

- Suncream
- Insect repellent
- Hand gel
- Face mask
- Antiseptic cream
- Nitrile gloves
- Lucozade tablets
- Dioralyte
- Plasters
- Compeed
- Zinc Oxide tape to prevent blisters
- Chlorine tablets
- Wound pads
- Medium sterile bandages for securing wound pads
- Triangular bandages for stabilising limbs
- Saline eye wash
- Tick card / tick twister
- Painkillers
- Antihistamines

Other:

- Headtorch - you never know when you might have to stay out longer than you thought.
- Several layers of clothing in case you are stuck somewhere unexpectedly.
- Walking pole if I am leading a group - can help get you to help if someone has an accident.
- For longer walks, a small survival shelter.

USEFUL APPS

- What Three Words - excellent for giving your location to anyone that needs it.
- Hyperlocal - very precise weather app.
- OS locate - a compass app which also gives you grid references - good for checking your grid references against if you are unsure.
- OS Maps - where you can purchase online maps.
- British Red Cross First Aid - useful app with quick and simple first aid advice.
- PlantNet - a quick and easy way of identifying plants.

