

The Adventure First Aid Checklist

Prepared by Lisa Thomas

(This checklist reflects the comprehensive medical kit carried by Simon and Lisa Thomas. Always consult your healthcare provider before travelling and carrying prescription medication.)

1. Pre-Trip Research & Requirements

Item	Status	Notes
Vaccination Records	<input type="checkbox"/>	Certified document (e.g., Yellow Fever)
Travel Health Consultation	<input type="checkbox"/>	Saw GP for medication advice/usage
Drug Interactions Checked	<input type="checkbox"/>	Checked all meds/herbal remedies
Country Specific Info	<input type="checkbox"/>	Checked malaria/disease zones (e.g., fitfortravel.nhs.uk)
Doctor's Prescriptions	<input type="checkbox"/>	Copies for all controlled/Rx medications
Generic Drug List	<input type="checkbox"/>	List of generic names for all Rx meds

2. Medication Packing & Logistics

Item	Status	Notes
Original Containers	<input type="checkbox"/>	Required for Customs clearance
Vibration Protection	<input type="checkbox"/>	Pill bottles filled with cotton/foam
Extreme Temp Storage	<input type="checkbox"/>	Packed deep in pannier away from engine heat
Absolute Waterproofing	<input type="checkbox"/>	Double-bagged and taped where necessary

3. The Base Kit & Trauma Essentials

Category	Item	Quantity/Notes
Base Kit (DIN 13167)	Emergency bandage	
	Surgical gloves	4 pairs
	Adhesive plasters	Variety
	Compression bandages	2
	Rescue sheet (Foil Blanket)	1
	Scissors	1 pair
Trauma/Closing	Trauma Wound Dressing	Hemorrhage Compression
	Steri-strips	Stitchless wound closure
	Wound closure strips	



	Tincture of Benzoin	Improves dressing adhesion
	Syringe	For irrigation
	Iodine solution	

4. Wound Care & Topical Treatments

Item	Status	Notes
Antiseptic wipes	<input type="checkbox"/>	Sachets
Sterile dressings	<input type="checkbox"/>	Variety of sizes
Anti-biotic ointment	<input type="checkbox"/>	
Savlon	<input type="checkbox"/>	General antiseptic solution
Mepore	<input type="checkbox"/>	Adhesive surgical dressings (various sizes)
Micropore medical tape	<input type="checkbox"/>	
Burn gel	<input type="checkbox"/>	10 packs (3.5g)
Elastoplast	<input type="checkbox"/>	Variety pack
Ibuprofen gel	<input type="checkbox"/>	Topical pain relief
Tea tree oil	<input type="checkbox"/>	Skin infections



5. Prescription & Preventative Medications

Item	Status	Dosage/Notes
Doxycycline	<input type="checkbox"/>	Malaria Prophylaxis
Ciprofloxacin	<input type="checkbox"/>	Broad-spectrum (UTI, Traveler's Diarrhea)
Augmentin	<input type="checkbox"/>	Specific bacterial infections
Metronidazole	<input type="checkbox"/>	Variety of infections
EpiPen	<input type="checkbox"/>	Auto-Injector for Anaphylaxis

6. General Health & Comfort

Item	Status	Notes
Paracetamol	<input type="checkbox"/>	Pain/Fever relief
Ibuprofen tablets	<input type="checkbox"/>	Pain/Inflammation
Imodium	<input type="checkbox"/>	Diarrhea
Dulcolax tablets	<input type="checkbox"/>	Constipation (Laxative)
Rehydration sachets	<input type="checkbox"/>	6 or more
Gaviscon tablets	<input type="checkbox"/>	Heartburn
Antihistamine tablets	<input type="checkbox"/>	Non-drowsy formula



Antihistamine ointment	<input type="checkbox"/>	Itching relief
Canestin cream	<input type="checkbox"/>	Antifungal (e.g., Thrush)
Athletes foot cream	<input type="checkbox"/>	
Preparation H	<input type="checkbox"/>	Hemorrhoid ointment

7. Tools & Miscellaneous Essential

Item	Status	Notes
Sterilized tweezers	<input type="checkbox"/>	
Tick remover tool	<input type="checkbox"/>	Ensure proper removal
Thermometer	<input type="checkbox"/>	
Syringe and needle pack	<input type="checkbox"/>	Various gauges
Carmellose sodium Eye drops	<input type="checkbox"/>	Single use containers
Eye bath	<input type="checkbox"/>	
Anti bacterial hand gel	<input type="checkbox"/>	
Mosquito repellent	<input type="checkbox"/>	
Tiger Balm	<input type="checkbox"/>	Muscle relief/aches
Re-useable hot/cold pack	<input type="checkbox"/>	



Safety pins	<input type="checkbox"/>	
Ear buds	<input type="checkbox"/>	
Orange Cloth	<input type="checkbox"/>	Emergency signaling device

