

<b>Templeton Outdoor Leadership First Aid Kit _____</b>		<b>/47 marks</b>	
<b>Name: _____ Trip _____</b>			
Here is a basic first aid kit designed to use for minor injuries or an emergency. <b>Please ensure that your kit is waterproof and that all personal medications, Tylenol , Advil etc have the expiration dates and are kept separate. Your have your name on the kit.</b>			
<b>Item</b>	<b>Yes</b>	<b>No</b>	<b>Mark</b>
Durable Waterproof container ( zip lock bag )			2
<b>Name on kit</b>			2
Sunscreen			2
1 - Triangular bandage			2
10 - 15 mixed Band –Aids			4
Whistle and lighter on a neck cord			5
20 strike anywhere matches			1
Medications must include expiry date and dosage ( 500mg)			5
Advil ( Ibuprofen )Expiry date/dosage			3
Tylenol Expiry date/dosage			3
Benadryl ( allergies )Expiry date/dosage			3
Ana Kit – for those <b>who have severe allergies</b> ( see <b>Inch/Kuniss</b> )			n/a
Antacid tablets			2
Tube polysporin			2
Personal Medications			N/a
Any changes to your medical form			
Blister Kit			
1- Scissors 1 piece of second skin 1 piece of moleskin 1 piece of adhesive foam ( mole foam) 1 roll of tape			10
Total			47