



## 1.1 Expedition First Aid Kits

**Aim:**  
To understand expedition first aid kit requirements. This activity follows first aid training.

**Resources:**  
A variety of contents for two first aid kits plus assorted ‘extras’, which may be included, or ‘red herrings’.

**Plan:**

Timing	Section	Activity
10min	Getting started	Divide participants into two groups. Review the afflictions which are most likely to be encountered on ventures: blisters, minor cuts and abrasions, minor burns and scalds, headaches, midge bites, sunburn, splinters, minor sprains. The first aid kit should contain remedies for these conditions as well as for the more serious injuries which might occur. The contents of a first aid kit are limited by weight and by the skill and understanding of the user.
15 min	Group/ pair work	ask them to select and pack items to put into their expedition first aid kit.  Allow anything from 5 to 15 minutes, depending on how much you want to focus on their decision-making processes as well as what they choose.  At end of time allocated, groups compare items selected and discuss reasons for choice.
10min	Summary	If repeating exercise would groups select the same or different items?  What items were left out and why?  How did the groups come to a decision about what to include?

Author: