

Appendix 1

Ski Touring Group First aid Kit

A schedule of contents suitable for a non-medical first aider, for a hut-to-hut ski tour of 6 members for 1 week – as discussed at ESC Leaders meet 2022.

Description	Quantity
Dressing materials and equipment	
- Emergency Trauma bandage (Israeli dressing) 4in	1
- Non-adherent dressing 10cm x 10cm (useful as can cut to size)	1
- Non-adherent dressing either 5cm x 5cm to cut to size or as an island dressing.	2
- Non-adherent antimicrobial dressing (e.g., Inadine) dressing	1
- Triangular bandage	1
- Crepe bandage 10cm x 4.5m	1
- Cohesive bandage 5cm x 4.5m	1 roll
- Antiseptic swabs or wound cleansing swabs	20
- Elastoplast – waterproof and fabric dressings (plasters)*	4
- Steri-strips 6mm x 100mm x 10 tapes	2 packs
- Adhesive tape 1.25cm x 5m - Micropore	1 roll
- Disposable gloves	3 pairs
- Scissors (Tough cut trauma shears or smaller)	1
- Forceps, (e.g. Tick forceps)	1
- Safety pin	1
- Micro Torch	1
- +/- SAM Splint	
- +/- Tubigrip elastic tubular bandage - size D 1m	
- +/- Clingfilm	
- +/- Resuscitation face mask	
Medications	
Painkillers	
- Paracetamol tablets 500mg (2x4 daily max)	16
- Ibuprofen tablets 400mg (1x3 daily)	30
- Codeine* 30mg/Paracetamol 500mg (2 tablets x 4 times daily)	16
Allergy and asthma medicines	
- Chlorpheniramine tablets 4mg (1x4/day for allergy)	9
- Loratidine (1daily for allergy)	4
Gastrointestinal medication	
- Buccastem 3mg (1 twice daily for vomiting)	8
- Loperamide capsules 2mg (up to 8/day for diarrhoea)	25
- Oral Rehydration Sachets (Dioralyte)	2
Cardiac	
- Aspirin tablets 300mg (1 chewed suspected heart attack)	2
Exhaustion	
- Energy Gel	1
o +/- Local anaesthetic eye drops and Eye antibiotic?	

Miscellaneous	
- ICE details – laminated sheet with all the In Case of Emergency ICE details for the group.	
- CasEvac plan - an evacuation plan with emergency communication details	
- Injury report sheet	
- Pen	
Communication and Location Devices	
- Mobile phone	
- GPS or accurate Map+Compass with Rohmer	
o +/- Text based satellite communicator –Garmin Inreach	
o +/-Satellite phone	
Hypothermia Survival Kit	
- Extra layers, down jacket, hat, mitts	
- Group shelter	
- Blizzard bag	
o +/- Plastic or foil bivvy bag	