

## **FIRST AID REQUIREMENTS:**

There is limited medical and first aid support in many places along the Murray River. The Ground Crew for each paddler's team is the first call for any First Aid requirement. Every team **MUST** carry a suitable first aid kit and have the appropriate skills and knowledge to render help and assistance.

The management of the Massive Murray Paddle highly recommends that you have several people in your team with appropriate first aid qualifications.

**The following checklist is a useful starting point.**

- Waterproof & dust proof container to store the following:
- Basic first aid manual (from Red Cross or St John Ambulance)
- Antiseptic fluid (Betadine, Dettol or similar)
- Antiseptic cream (Betadine or similar)
- Panadol, Paracetamol
- Eye drops, sterile eye patches
- Assorted bandaids, strips/spots, wound closures, butterfly clips
- Blister 'skin' (Moleskin™, Compeed™)
- Strapping (sports) tape for hand protection
- Elastic or crepe bandages (for sprains and snake bite)
- Sterile gauze bandages (50 mm & 75 mm)
- Triangular bandages (to support limbs and hold dressings in place)
- Adhesive tape (50mm x 2.5m), cotton wool, tissues, cotton buds
- Scissors, safety pins, tweezers, splinter remover
- Thermometer
- Calamine lotion, Stingose or similar
- Antihistamine tablets
- Itch/skin relief cream (for itch, bites, minor burns)
- Anti-diarrhoea tablets (Lomotil or Imodium)
- Gastrolyte – to help rehydrate due to diarrhoea
- Travel sickness tablets
- Ear drops

- Nyal toothache drops
- Burn cream
- Cream/ointment for bruises and swelling due to injury
- Strepsils or similar
- Tweezers, splinter remover
- Rubber pointed eye probe, eye wash
- Cold & Flu tablets (non-drowsy)
- Sunscreen
- Deep Heat, Tiger Balm or muscle rub (for aches, sprains, muscle pains)
- Disposable gloves
- Betadine swabs
- Petroleum jelly (Vaseline™) tube
- Space Blanket