

FIRST AID KIT – Ocean Child

Contents list

Box 1 - Drugs

Activated charcoal 250mg tablets x 60
Caffeine 'no-doz' 12x100mg 2014
Imodium, loperamide hydrochloride 2mg x 12
Pain relief: aspirin 36x300mg 2014
Pain relief: paracetamol 24x500mg 2016
Pain & inflammation: ibuprofen 200mg x 24
Paracetamol 500mg/ codeine 30mg tablets x 48
Seasickness hyoscine hydrobromide 0.3mg x10
Seasickness: Zingiber root powder 400mg x45
Seasickness: Stugeron: cinnarizine 15mg x60
Seasickness: Paihia Bomb
Seasickness: Scopoderm x2
Stemetil Prochlorperazine suppositarie
Tinea cream, terbinafine hydrochloride 15g
Thermometer clinical medical
Voltaren: diclofenac potassium 12.5mg x20
Malarone: 12 tabs
Erythromycin Antibiotic: 28

Box 2 - Surgical

Cotton buds x50
Dissection kit: scalpel with disposable blades (8),
tweezers, scissors, eye-drop dispenser
Eye bath
Forceps, stainless steel 125mm
Gauze swabs 10x10cm sterile, 12
Kidney dish for antiseptic, small
Magnifying glass
Measuring cup, 30ml
Saline rinsing solution, sterile, 15ml
Scissors 85mm, 120mm, 125mm, stainless steel
Tweezers, small cosmetic

Box 3 – Surgical Cont'd

Betadine antiseptic concentrate 300ml
Saline eye/wound wash, 500ml

Box 4 – Band-Aids and Tape

Adhesive non-woven bandages (Fixomull stretch)
5cm x 10m
Adhesive plastic strips x 24
Adhesive zinc oxide tape 25mm x 5m
Adhesive zinc oxide tape 5cm x 1.8m
Antiseptic cream, 30mg
Emergency burn dressing, one pack, sterile
Lanolin cream
Foban antiseptic cream
Scissors, 125mm

Thermo accident blanket

Box 5 – Dressings and Bandages

Bandage, crepe, 5cm x 1.5m
Bandage, crepe, 75mm x 1.5m
Chafe guard: 'moleskin'
Compression bandage 50mm x 2.75m
Conforming elastic gauze bandage 5cm x 1.8m
Conforming elastic gauze bandage 7.5cm x 1.5m
Conforming elastic gauze bandage 75mm x 1.5m
Crepe bandage, 10cm, x 1.8m
Elastic dressing fastening clips x10
Eye pad, sterile, 6x8cm, 6
Melolite non-adherent wound dressings 75x200mm
x 5
Non-adherent dry absorbent dressing 10x10cm,
sterile, 6
Safety pins x20, for bandages
Sterile dressing BPC code 7888, 2
Wound dressing BPC code 13 sterile, 1

Box 6 – Large Bandages

Combine dressing 9cm x 10m
Triangular bandage, cotton, 90x90x120cm x 2

Box 7 - RFDS First Aid Kit (Grab Bag)

Antiseptic cleansing wipes x2 (sterile)
Antiseptic cream, 1g packs x5
Burn treatment gel, 3.5g packs x 5
Conforming bandage 50mm x 1.8m
Cotton crepe bandage 7.5cm x 1.5m
Cotton triangular bandage 90x90x120cm
Cotton wool, 200g pack
Disposable gloves, ten pairs
Elastic bandage 50mm x 2m
Elastic gauze bandage 25mm x 1.8m (x2)
Elastic gauze bandage 50mm x 1.8m
Emergency instructions – very brief
Emergency reflective blanket 2x1.3m (for shock or hypothermia)
Face mask, cotton, x2
First Aid Book
Forceps, stainless steel, 125mm
Gauze swabs, 75x75mm, 100pc
Magnifying glass, small
Mask for expired air resuscitation
Melolite wound dressings 7.5x7.5cm x4
Micropore medical tape, 20mm 1 roll
Pencil
Safety pins for bandages, pack of 20 asstd
Safety razors x2
Saline eye wash, sterile, 15ml packs x5
Scissors, 125mm, x2
Scissors, 85mm, x2
Small magnifying glass
Soothing gel patches (minor burns) x2
Sterile dressings, 10x9cm (2), sterile gauze dressings 7x7cm x3, sterile dressings 20x9cm x2
Thermometer clinical medical
Triangular bandage 1 piece 90x90x120cm
Tweezers, long metal
Tweezers, plastic x2
Wound closure strips, 6.4x76mm, x9

Box 8 - Misc and Comfort Items

Aloe vera gel (sunburn) 50g
Calamine lotion 100 ml
Cigarette lighter, disposable
Ear plugs for noise suppression x6
Insect repellent 100 ml
Lip balm SPF15
Nail cutters
Nail file
Pencil
Sewing kit (tiny)
Soap, 20g
Sorbolene 50 ml
Toothbrush, toothpaste, dental floss
Torch small

Box 9

Blood pressure monitor
Gastrolyte (Hydrolyte) 4.9g sachet, 10

Box 10

Imigran Sumagram (headache)
Loratadine (anti histamine)
Chlorpromazine (hiccups) (drink water while pulling one ear-lobe down).
Aspro
Temazepam Temtabs (sleeping pills)
Prazosin (prostate relief)
Hayfever: Loratadine 10x10mg 2014

Bag :

Drugs often used