

# Kapp 2 Cape

## Medical kit

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Check	Item	Purchased	Pre-trip Comments	Post-trip comments
	Aftersun gel	Already had	Preference for an aloe vera gel	
	Antifungal cream	Boots	Clotrimazole bought as Canesten	
	Antihistamine cream	Already had	Boots brand	
	Antihistamine tablets	Boots	Generic Loratadine; can be used for hayfever as well	
	Anti-inflammatory cream	Already had	Generic Ibuprofen gel	
	Antiseptic cream / wipes	Boots	Savlon cream	
	Arnica (tablets and cream)			
	Compeed	Boots	blister plasters	
	Cold sore cream	Boots	Generic aciclovir	
	Cotton wool			
	Cough syrup	Already had	Benylin chest coughs is a staple in our medical kit	
	Hydrocortisone cream	Already had		
	Diarrhoea treatment	Boots	Generic Loperamide Hydrochloride; known as Immodium	
	Insect repellent	Boots	Our preference is for a lotion over a spray. Boots own brand with 50% DEET	
	Laxatives	Boots	Generic Sennosides, known as Senokat	
	Lemsip	Boots	Lemsip sachets are a staple in our medical kit	
	Miltos tablets	Boots	Good for disinfecting and easier to carry than liquid	
	Opaque bags	Amazon	PetGear by Happy Pet Scoop Bags Refill	
	Oral rehydration salts	Boots	Boots brand	
	Oraldene	Already had	Mouth and throat antiseptic is a staple in our medical kit	
	Paracetamol / aspirin	Boots	Both	
	Plasters	Already had	A selection of shapes and sizes	
	Safety pins and tape			
	Scissors & tweezers			
	Sudocrem			
	Sunscreen	Already had	High and low factors	
	Tea tree oil	Boots	Good for everything! antifungal, antibacterial, antiseptic, antiviral, insecticide	
	Vicks vaporub	Already had	A staple in our medical kit	
	Water purification tablets	Already had	Chlorine most likely	

Check	Item	Stock no	Pre-trip Comments	Post-trip comments
	K-Lite Conforming Bandage 7cm (x2)	BA/068		
	Quality Cotton Crepe Bandage 7.5cm (x2)	BA/106		
	SP Brand NonSterile NonWoven Triangular bandage	BA/117		
	SP Silver Foil Emergency Space (x2)	BL/001		
	Burnshield Hydrogel Burn Gel - bottle	BU/086		
	Digital Clinical Thermometer	DE/064		
	Nitrile Examination Gloves (box)	DP/138		
	SP No 8 Sterile Dressings	DR/008		
	Steri-Strip Skin Closures (x3)	DR/088		
	Zetuvit Dressing Pad 10 x 10cm	DR/139	Absorbant pads	
	Transpore H/Allegry Tape 2.5cm	DR/163		
	T4 Trauma Wound Dressing, Pad size 10cm x 18cm	DR/824		
	SP Services CPR facemask	RE/118PK / RE/118BL		
	SAM Splint XL	SP/028H		
	Care Plus Sterile First Aid Kit	Amazon		