



Stockport Walkers

100 years and more of the great outdoors



Walkers Safety / First Aid Equipment (2022 edition)

As our Club Rules state - You are responsible for your own safety, however you should always be ready to assist others in an emergency. Adequate Safety and First Aid Equipment are an essential part of everyone's safety.

Please do not rely on other walkers to carry safety and first aid kit for you.

The following recommended safety and first aid kit has been assembled from an assortment of commercially available "Walking/ Hiking" Safety Equipment / First Aid Kits for your assistance and guidance.

The list contents everything you are hopefully ever likely to need for most of the normal major and minor accidents that can occur on walks, however, use the list with personal discretion on what to carry.

In deciding what to include in your rucksack, consider the time of year, grade of walk and in particular the risk level /time to receiving professional medical treatment in event of injury to yourself and other walkers ie. less needed on low level walks and where immediate professional first aid treatment is likely to be readily available or much more required if there could be need for mountain rescue evacuation and a long delay in professional assistance.

Think injury – “cover it” “protect it” support it” when planning your kit

- **General**

- Primary Care Leaflet / First-aid cards that include instructions on how to use the items if you are not familiar
- Blunt-tipped scissors
- Tweezers
- Safety Pins
- Pairs of Vinyl gloves
- CPR shield
- Koolpack ice packs
- Sterile eye wash

- **Wound Covering**

- Preparation

- Cottons swabs
- Hygienic Cleansing Wipes / Antiseptic/ Alcohol wipes
- Gauze Swabs

- Dressings



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- Gauze pads in assorted sizes
- Medical tape /Micropore Tape /fixing tape
- Non-stick wound pads
- Crepe Bandages
- Assorted Low Adherent Dressings
- Med Sterile Dressings
- Large Sterile Dressings
- Assorted Adhesive wound dressings
- Pack of Assorted Plasters
- Assorted Large / med Plasters
- Butterfly Wound closure strips
- Blister Plasters - Moleskin or another type of blister treatment
- **Bandages**
 - Triangular bandages
 - Assorted bandages
 - Butterfly bandages
 - Elasticated tube bandage
 - White Open Woven Bandages
 - Eye Pad / with Bandage
 - Large / med crepe bandages
- **Medicines/Creams**
 - Antibacterial ointment Antihistamine for allergic reactions
 - Insect sting treatment / Hydrocortisone cream /Antihistamine tablets
 - Ibuprofen (or another preferred pain-relief medication)
 - Sunscreen / lip balm
 - Bug spray
 - Prescription medications
 - Epi-pen (essential if allergic reactions known)
- **Safety Equipment**
 - Emergency Foil Blanket
 - Emergency whistle
 - Duct tape
 - Multi tool (or a pocketknife)
 - Headlamp (or flashlight) – (dark early nights winter season)
 - Hand sanitizer gel
 - Notebook and pen(to record vitals, etc)

There are numerous commercial First aid kits available, marketed as suitable for walkers on the internet, but please check they generally meet your needs before purchase.



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Note: any tubes of ointment can be reduced, no need to carry a full tube. Pack enough tablets for your trip instead of carrying the entire bottle.

You can find out more about basic first aid and learn about beginner's courses on the NHS website

Always carry an ICE Card to be carried in rucksack pocket where easily found.