

# Ouch!

A MEDICAL EMERGENCY CAN TURN A BLISSFUL HOLIDAY INTO A HARROWING ORDEAL. AVOID A NIGHTMARE BY BEING PREPARED

## HOW TO PUT TOGETHER A FIRST-AID KIT

1

### SIZE MATTERS

Including something for every possible emergency means your kit will end up weighing more than a small hippo, so you'll probably never take it anywhere. A kit that lives in your car can be a bit bigger than one for your suitcase, but try keep it compact anyway.

2

### WHERE? WHEN? WHO?

If you and your partner are going to Plett for a weekend in the middle of summer, your first-aid requirements will be different to those of a family embarking on a week-long Drakensberg hike in winter. Pack accordingly.

3

### OFF THE PEG

If you don't feel like the hassle of putting your own kit together, buy a ready-made one. Just be sure to check the contents and fill in the gaps before you take it anywhere.

4

### PILLS AND SPILLS

Make sure your kit has anti-inflammatories, painkillers, something for diarrhoea and stomach cramps, and antihistamines. Rehydration sachets are also essential.



6

### TOO HOT TO HANDLE

Burns are very common and if they're not treated immediately, they can become serious. Include ready-made burn dressings in your kit.



## THE BASICS

### A SIMPLE LIST OF THE ESSENTIALS

Plasters; gauze; bandages; latex gloves; burn dressings; safety pins; tweezers; scissors; cleansing wipes; sticky tape; cotton swabs; thermometer; skin-rash, insect-bite and antiseptic creams; painkillers and antihistamines; bottled water; emergency phone numbers; first-aid booklet

5

### GET DRESSED

Cuts, grazes, blisters and sprains all require some kind of bandage or dressing. Your kit should include various-sized plasters, blister plasters, gauze and bandages, as well as an antiseptic ointment.



**take  
note**

### SURVIVAL OF THE FITTEST

*It always pays to have some basic survival items in your kit. A lighter, torch, penknife and sunscreen are a good start.*