

4x4 FOOD--PERSONAL GEAR--FIRST AID

<i>PERSONAL GEAR</i>	<i>FOOD</i>	<i>FIRST AID KIT (check expiry dates)</i>	<i>FIRST AID KIT</i>
Comb / Brush	Fresh meat (cryo)	Gauze bandage	Dettol
Deodorant	Cooked meat	Heavy crepe bandage	Lip balm
Hand towel	Bacon	Medium crepe #	Paracetamol
Mosquito repellent	Eggs	Triangle bandage	Prescribed meds.
Shampoo	Bread	Kidney dish	
Shaving brush/cream	Butter	Medicine cups	
Soap	Flour (self raising)	Emergency bandage	
Tooth brush / Paste	Cheese	Small burns sheet	
Suntan lotion	Milk (long life)	Hot/Cold pack Lge.	
Tissues	Drinks (cans soft)	Instant Ice pack	
Towel	Potatoes	Sam splint	
Toilet bag	Onions	Soft foam neck brace	
Reading glasses	Tomatoes	Leather finger stall	
Hearing devices	Lettuce (don't frig)	Swab gauze	
Spare hearing batts.	Baked beans	Chlorhexidine	
Sanitary gear	Fruit box	Saline solution	
	Pkt .potato	Eye shower bottle	
	Pkt .greens (peas etc)	Providone Iodine	
	Coffee	Cotton buds	
	Tea bags	Burnaid gel	
	Sauces	Burnaid dressing	
	Baking soda	Ice cool spray	
	Sugar (sweetener)	Savlon cream	
	Pepper / Salt	Plastic bags	
	Condiments (spices)	Wound dressing	
	Dried fruit	Combined dressing	
	Nuts etc	Non adhesive #	
	Jams	Adhesive strips	
	Vegemite	Micro pores	
	Bush biscuits	Eye pads	
	Sweets (lollies)	First aid book	
	Snacks (various)	Resuscitation shield	
	WATER	Latex gloves	
		Forceps	
		Digital thermometer	
		Splinter probe	
		Sharps container	
		Scissors (medical)	
		Safety pins	
		Note book / Pencil	
		Stingoos	