

Variety Victoria Motoring Events First Aid Checklist



First Aid Kit

Please note: some of these items may be only available on prescription or you may not personally be able to take. Therefore, please consult your doctor who may be able to recommend an alternate option to take with you.

MEDICINES (EQUIVALENTS CAN BE USED)	USED FOR
Lomotil/Imodium	Diarrhea
Celebrex	Anti-inflammatory
Losec	Gastritis/Stomach ache
Zyrtec/Telfast/Antihistamine (non drowsy)	Hayfever/Allergies
Panadol/Panamax	Headaches
Stingose	Insect bites
Staminade	Dehydration

WOUND CARE	DESCRIPTION	USED FOR
Band Aids	100s	Simple Wounds
Bandages	Cotton Crepe (White) (10cm x 2.3cm), (7.5cm x 2.3cm)	Simple Wound bandage
	Cotton Crepe Heavyweight (Pink) (10cm x 1.5cm), (5cm x 1.5cm)	Heavy bandage/Sprains
Basic Dressing Pack	Contents: Sterile Field, dressing tray, dressing towel Cotton Balls, Forceps & gauze swabs	
Wound Pack	Pair disposable gloves Daylee all purpose towels (non sterile) Melolin Sterile gauze 5cm x 5cm Melolin Sterile gauze 10cm x 10cm 2 pkts steri-strips	Wound closure
	10 Alcohol swabs 2 Sterile Water strips Chlorine and Centrimide Irrigation x 1 Triangular sling x 1 Micro Pore tape Scissors x 1 pair Sodium Chloride Irrigation x 1 Eye Pad x 1	Open wounds (not ears/eyes) Eye Wash

Please note, Ambulance Victoria are not be able to provide any over the counter medication including, but not limited to:

- Codral
- Gastro Stop
- Somac
- Gaviscon
- Sudafed
- Travacalm
- Voltaren
- Buscopan
- Hydralyte
- Neurofen

Please include these items if you wish in your First Aid kits.