

For Small Boats/Kayaks: First Aid Kits should be kept simple, think of the situations that you may encounter and how far you could be away from help.

Tip # 1: *The Best piece of First Aid Kit is a good trained person, so book yourself & crew on a RYA First Aid Course and learn how to think out the box and deliver First Aid.*

RYA Training Centre Guidelines: State that the **Minimum** for Non-Coded Powerboats should be: -

- 2 Large Wound Dressings
- 2 Medium Dressings
- 2 Triangular bandages
- Thermal Protection Aid / Survival Bag

This a start and if you are in a club environment/teaching centre, should be enough till you get back on shore.

Good Additions to this:

- Face Mask or Face Shield
- Cleaning Wipes - Water
- Gloves (non-latex)
- Duct Tape
- Waterproof Plasters
- Eye Wash Pods - Easy Carried Sterile Water for cleaning wounds
- Stainless Steel Rescue Shears
- Scissors – Blunt Nose
- EasiPlaster (or similar)
- Aspirin for Treating Suspected Heart Attacks
- Instant Ice Packs
- Safety Pins

Really Good Additions for Boating Trips without easy access to shore:

- Euro Splint
- Trauma Fix – Dressing
- Elastic Bandage
- Blister Plasters
- Burn Dressings
- Cling Film
- Hooked Rescue Knife/Seat Belt Cutter
- Small Torch

When going out in a boat, always assume most things may get wet, so avoid paper packaging and ensure everything is kept in a waterproof case, or better still, vacuum pack the complete kit.

Tip #2: Vacuum Pack your first aid kit, this will not only protect it from the water, but also make it obvious if anybody has used anything.

Tip #3: When Vacuum Packing – think about grouping items that are used together in smaller packs.

MEDICATIONS/CREAMS – NON-CLUB/TEACHING CENTRE

As **First Aiders**, we should **NOT** give people medication. At sea we don't have the luxury of popping down to the local pharmacy so we suggest you carry some basic medicines as you may stock in your home. Those are ideally kept in separate container where you and crew can access if needed.

- Sun cream,
- Insect Repellent
- Sea sickness tablets
- Paracetamol
- Ibuprofen
- Aspirin
- Antihistamine cream / tablets
- Indigestion tablets
- Imodium (or alternative diarrhoea remedy)
- Re-hydration salt

In addition to above medication relative to the crew's needs e.g. Asthma, Diabetic and any other regular treatments should be carried by crew members and Skipper notified as to location and needs. You never know how long you may be delayed or if you may need to divert to another port, so at least 48 hr Medicine is recommended to be carried even on day trips.