

## Personal first aid kit and other safety issues

If you have an accident while bushwalking that requires the use of a first aid kit, it is **your** first aid kit that will be used. Therefore, please ensure your kit contains what you think you might need and carry it on every club walk.

To help you put together your first aid kit, below is a list of items to consider including:

- **Everyone must have a small card with your name, address and Medicare number, details of any allergies and regular medications or medical information that may be important, and your emergency contact's name and phone number**
- your normal pain relief medication
- little tube/bottle of antiseptic or antiseptic wipes
- sunscreen
- band aids or tape suitable for a blister and cut
- crepe bandage and safety pin or snake bite bandage
- lightweight 'space' blanket or thermal shock blanket
- little scissors, tweezers
- lightweight raincoat

**Ambulance cover** is strongly recommended. Transport from remote areas can be expensive and you may not be covered by the club's personal accident insurance.

**Emergency + App and ringing 000:** if you have a smart phone, it is strongly recommended that you download the free Emergency + App to your phone and turn on location services when using. This app requires mobile phone coverage but it is best way to ring 000 because it will provide your exact location on screen. See <https://emergencyapp.triplezero.gov.au/>

**Longer walks/remote locations:** walkers carry a more comprehensive first aid kit and some extra food, water and warm clothes if the walk is longer (over 15 kms) or goes to a remote location. For remote walks, a torch or headlamp with spare batteries is usually required also.

**Ticks and tick removal:** the most common tick in Eurobodalla and the eastern seaboard of Australia is the paralysis tick, *Ixodes holocyclus*. It is commonly referred to as a grass tick, seed tick or bush tick, depending on its stage of development. Expert advice on ticks and tick removal is available from many government websites, such as <https://www.healthdirect.gov.au/tick-bites>

**Feeling unwell?** If you feel unwell for any reason before setting off on a walk, it is better to pull out before you start.