**Contents for emergency bag** 

**First Aid kit** (appropriate for number of people out and remoteness of site.) Kit needs to be regularly checked and re-stocked

* Gloves (in sealable bags, which can then be used for safe disposal of soiled items)
* Swabs
* Bandages (cotton, sizes…)
* Plasters
* Micropore tape
* Accident book
* Emergency procedures
* Medical information and emergency contact details for all in group, including adult helpers and leader of sessions
* Mobile phone or walkie-talkie

**Other items you may need:**

* Sterile water (for washing out wounds or eyes)
* Scissors
* Welfare kit (wet wipes, hand gel, nappy sacks, feminine hygiene)
* Spare clothing
* Cling film
* Emergency whistle
* Torch
* Roll mat
* Survival bag (orange)
* Emergency shelter
* Medication for individuals
* Emergency fire kit
* Thermos of hot water
* Chocolate / sugary food
* Gaffa tape