**First Aid Kit – essential items.**

The first aid kit must contain:

* Emergency Care Leaflet
* Safety Pins
* Scissors
* Vinyl Gloves
* Crepe Bandage
* Gauze Swabs
* Micropore Tape
* Cleansing Wipes
* Wound Dressings
* Pack of Assorted Plasters
* Survival Bag / Foil Blanket
* Waste bag

Ride leads should conduct periodic checks (at least annually) to ensure their first aid kit is complete.