



Don't leave home without it

This checklist will help make your next off-road adventure a safe one, **DEAN MELLOR** says

With planning and preparation, you're guaranteed to have a safe and enjoyable time on your next off-road trip. This checklist has all the necessary gear you'll need to carry to cope with most emergency situations. Simply tick-off the items on the list as you get set for your adventure.

Combine the checklist with the extra hints below and you will have an awesome trip.

- Pre-plan – where, when, time, distance and fuel. Set a reasonable distance to drive each day. Keep it flexible.
- Research – fuel availability, resupply points, attractions and activities.
- Check the expiry dates of your first aid kit contents
- Make sure you tell someone reliable where you're headed and when you expect to arrive at your destination.
- Apply for relevant permits for national parks or Aboriginal land well in advance. Some national parks operate on a ballot system during busy seasons.
- For remote areas, allow five litres of water, per person, per day, and store it in separate containers in case of leakage.

■ REMOTE AREA FIRST AID KIT

- Conforming gauze bandages
- Heavy crepe bandages
- Medium hospital crepe
- Triangular bandages
- Kidney dish
- Tray round galley pot
- Medicine cups
- Emergency blanket
- Small burns casualty sheet
- Hot and cold pack (large)
- Instant ice pack (small)
- Sam splint
- Soft foam neck brace
- Leather finger stalls
- Swab gauze
- Alcohol swab
- Chlorhexidine solution
- Saline solution
- Eye shower bottle
- Povidone iodine
- Cotton buds
- Burnaid gel
- Burnaid dressing



- Prescription medication
- Icy Cool spray
- Savlon cream
- Plastic bags
- Non-adhesive dressings
- Combine dressings
- Wound dressings
- Adhesive strips
- Micropores
- Eye pads (sterile)
- First aid book (small)
- Resuscitation shield
- Latex gloves
- Forceps (disposable)
- Digital thermometer
- Splinter probe
- Sharps container
- Scissors (stainless steel)
- Safety pins
- Heavy duty paramedical shears
- Disposable torch
- Notebook
- Pencil

