

FIRST AID KIT REQUIREMENTS
For CAT3, CAT4 and CAT6

YACHT NAME.....

DATE.....

	Cat 3	Cat 4	Cat 6	Qty. Carried
First Aid Manual			1	
Waterproof Container		1	1	
Disposable Gloves			20	
Crepe Bandages			2	
Band-aids			20	
Adhesive Tape 50mm x 2.5m			1	
Antiseptic Skin Solution (Betadine) 15ml			1	
Sunscreen > 15SPF 50mg (30SPF 90mg)			1	
S/Steel Scissors			1	
Safety Pins Assorted Sizes			10	
Triangular Bandage		1		
Cotton Wool combined pieces	5	5		
Non Adherent Dressing (Unitulle)		5		
Burn Dressing 5cm wide		1		
Normal Saline 50ml		5		
Paracetamol 500mg (Panadol)	20	20		
Codiene + Paracetamol (Panadene)	20			
Soluble Aspirin	20			