

Walk Leader First Aid Kits

Walk leaders should carry a first aid kit on every walk, so you're prepared if anyone is injured. The items you need to carry in your first aid kit will depend on the type of walk you are leading, especially in relation to the terrain and expected weather conditions. You should think carefully about what to take based on the walk you are planning, the potential injuries that might happen, and how far from help you are if an incident occurs.



You should select what to take in your first aid kit based on the terrain, weather, time of year and how far from help you are.

Ready-made first aid kits can be purchased, but you can add to them or create your own depending on what you feel you need to take. Below is a list of some first aid kit items and what they might be used for. You might not need all of these, or you might want to take additional items depending on your walk.

Latex free plasters and blister plasters – useful for minor cuts and blisters

Disposable gloves – to reduce the risk of infections when dealing with any bodily fluids

Cleansing wipes – handy for cleaning hands before dealing with any cuts and grazes

Wound dressings – required to cover and protect a wound to reduce infection

Triangular bandage – useful to craft a sling for an arm, wrist or shoulder injury

Zinc oxide tape or vet tape – useful for blisters, wounds, providing extra support for joints e.g. fingers

Face shield with a valve – to protect you from potential infections when performing CPR

Bite/sting relief – to reduce irritation and pain from any bites or stings

Tough cut shears – to cut clothes to access an injury

Tweezers – handy to remove thorns or splinters

Water pods or a water bottle which provides a good squirt of water – helps clean open wounds

Cohesive bandage – a self-adhesive bandage that securely holds a dressing in place

Instant ice pack – to reduce swelling from any bumps, strains or knocks

Thermometer – to help monitor body temperature in case of a serious incident when you are far from help

Steri-strips – to stitch minor gashes or large cuts

Eye pads – to protect the eye in case of injury. Two are recommended where eye movement needs to be minimised due to the injury.

Tick tool e.g. tick twister – easiest way to remove a tick to reduce the risk of infection

SAM splint – handy for suspected sprains and breaks

Group shelter – these can be a life saver, and we'd really encourage walk leaders to consider having one when the weather is changeable or help could take time to reach them. It's a great way to keep the group and casualty warm, safe and dry until help arrives.

Top Tip: if you are a Ramblers member, you can use your Cotswold Outdoor discount to buy a first aid kit.