

TCC Medical First aid list

Alcohol hand rub or equivalent

Have 2 X 100ml bottles available.

Take one with you on run or event.

Use on every occasion that you use the toilet/ wash room.

Use before and after eating food.

Use often

Moist toilet tissues or baby wipes

Always take with you to the toilets/wash room.

Then you will never have run out of toilet tissue

Friars Balsam (Tinc Benz Co) 100mls in leak proof bottle.

Very good antiseptic, applied neat to wounds.

Allows dressings to adhere to the skin much better even when wet. Paint two coats around and over the area. The USA has a weaker version in spray tins apply 3 coats

Two coats, allowing drying between each coat provides a barrier to prevent allergic reactions to adhesive tape

Can be used as a decongestant, 1 teaspoon full into a bowl containing a pint of boiling water and putting towel over your head inhale the fumes.

Friars balsam is a very sticky substance the only substance that will remove it alcohol wipes.

Cotton buds around 20 kept in a plastic zip bag

Used to apply friars balsam.

Helps cleaning wounds and blisters

Fleecy web in rolls or sheets

A better covering and padding than moleskin and stretches so allows moulding over heels, bones, toes etc.

Apply tinc benz co, 2 coats allow drying between coats. Ensure a wider covering than the dressing to be applied then apply the fleecy web. Cover area with talc/zeasorb/vasaline. This dressing can be reinforced by using zinc oxide tape or duct tape. Then carefully put socks on ensuring that no creases are made in the dressing.

Do use compeed in this race if you get an blister under it its almost impossible to get off

Antiseptic liquid 100ml in leak proof bottle

Savalon , Betadine,

This can be used to make up solution to clean larger areas eg arms, legs etc. A good foot soak when dealing with larger blisters.

Antiseptic dry spray 200ml

Savalon ,Betadine

This is a great way to treat cuts and grazes that occur during an event. Little cuts and grazes quickly become infected in multi-day events as the body is not readily able to cope with skin infections. The spray dries quickly so insects can not adhere to it as is the case with a cream.

Sterile large bore needles x 10

Used to lance blisters or bore a hole in a nail that has bled underneath it.

Alcohol wipes, small x 20

Used to clean blisters and nails prior to lancing/boring

Zinc oxide tape x 1 roll 5cm wide

Used to overlay larger blisters to prevent them refilling. Always pull the tape tight over a blister

Strapping for fractured digits

Holding dressings in place

As a precaution for hot spots.

Friars balsam applied first will keep the tape in place even when wet

Steristrip various sizes

Used to pull together deeper cuts

To apply over blisters to prevent the blister filling up with fluid after being lanced.

Vaseline or Secaderm

Used to prevent or treat chaffing between arms, legs or under areas that have been subjected to pressure eg rucksacs etc

Adhesive remover or Zoff

In multi-day races try to leave the dressings on as removal can cause damage to the underling tissues. If at all possible try to cut away any loose edges and apply a smaller piece of tape over the original. If you have to remove, then clean the area of unbroken skin with liquid or wipes.

Zeasorb powder or talcum powder

Very good at absorbing water.

Spread over any dressing to prevent adhesive sticking to clothing or socks

Small pair of dressing sicissors

To trim dressings and cut tape.

Can be used to cut hair away from cuts and sores.

Duct tape

Multi use equipment

Can help to keep dressings in place and waterproof.

Can be used to strap a sprain

Latex gloves

Should be used when treating open wounds.

Gauze swabs

Sterile

Used for cleaning wounds with antiseptic

Stand alone dressing over damaged tissue

Padding to prevent friction

Sun screen and lip balm

Apply often, remembering tops of ears and under nose.

Re apply after being in water

Keep it with you, early morning starts quickly become late afternoon heat waves.

Rehydrate salts or equivalent

Bring a reasonable amount to cover your event.

Drinking water alone will not be enough over long hot days

Mix as to the instructions not just put into litre bottles

Antibiotic cover

Broad spectrum

Check with doctor for suitability

Take with you, buy in UK/USA not over internet

At altitude take for 10 days

Just to clarify a point about running shoes

Running shoes should be good fitting and not too big. You can bring a size bigger just in case your feet swell but do not start with them. Bring sandals/ flip flops for around camp in the evening.