

First Aid

Kit List:

Please bring the following:

- Course members should bring their own packed lunch and something to nibble on if 6.00pm is a little late for your gastric clock. Refreshments will be provided during natural breaks in the course.
- Please bring with you warm and waterproof clothing which you don't mind lying around in. There will be simulated situations both inside and out, you will act as casualties as well as first aiders.
- An old camping mat is also useful for insulation, keeping clothes clean and kneeling on if you have suspect knees. We can provide these.