

First Aid on Walks

Ramblers recommend that every walker carries a first aid kit. A variety of kits are available on the High Street and online from organisations such as St John Ambulance. Specialist outdoor activity kits may contain items more appropriate for walkers, but in any case Ramblers recommend the following items be included:

- Low adherent dressings/gauze swabs,
- Triangular bandage(s),
- Wound dressings (various sizes),
- Woven bandage(s),
- Latex free plasters,
- Compeed (or other) blister plasters,
- Foil survival blanket,
- Micropore tape
- Antiseptic wipes,
- Nitrile or vinyl gloves,
- Tweezers
- Scissors,
- Safety pins,
- Pain relief, eg. paracetamol or ibuprofen (check use-by date)

The Ramblers web-site has a more comprehensive list for longer walking trips. [A walking first aid kit – what do I need to bring? - Ramblers](#)

Note: the First Aid section on the new Ramblers web-site (May 2024) has been removed. They refer one to the St John Ambulance site:

[Get first aid advice | St John Ambulance \(sja.org.uk\)](#)

Or their First Aid advice app. [Free Mobile First Aid Apps - St John Ambulance | St John Ambulance \(sja.org.uk\)](#)

Ramblers also offer occasional first aid training courses, open to all members. Lancaster Group may also arrange training for our group members. Look out for updates or newsletter items.

Neil Herbert