

APPENDIX 2

FIRST-AID AND EMERGENCY SUPPLIES.

1. First Aid Kits:

- (a) Team First Aid kits.(Carried in a waterproof container)
- 2 sachets of "Savlodil" Ready-to-use antiseptic liquid.
  - 5 Gauze swabs.
  - 5 Skin closures.
  - 1 1½ in. Bandage.
  - "Elastoplast", Safety pins, Paracetamol tablets.
- (b) Large First Aid kits.(Held at Basecamp, Entrance, Camps 1&2)
- 10 sachets of "Savlodil" For cleaning and disinfecting cuts.
  - 1 Tube of "Savlon" cream For abrasions and sores.
  - 1 Tube of "Flamazone" cream For burns and sores.
  - 1 Tube of "Lasonil" cream For bruises and sprains.
  - 1 Tube of "Bayolin" cream For muscular and rheumatic pain.
  - 1 Tube of "Chloromycetin" cream Eye ointment.
  - 20 "Hibitane" lozenges For sore throats.
  - 30 "Antasil" tablets For upset stomachs.
  - 20 "Paracetamol" tablets For minor pains and headaches.
  - "Fortral" tablets Oral anaesthetic.
  - 20 "Imodium" capsules For diarrhoea.
  - Assorted "Elastoplast" dressings
  - 4 Sterile dry adsorbent dressings
  - 2 Large lint dressings + 2 "Kling" bandages to hold them
  - Immobilising splints, triangular bandages, crepe bandages.

2. Underground Supplies and Emergency Rations:

- (a) Camp 1 Communal Supplies.
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|---------------------------------------|--------------------|
| 1 "Optimus" lpt. self-pricking stove. | Two 24hr. candles. |
| ½ gallon of paraffin.                 | 5 Kg. Carbide.     |
| 2 bottles of dried milk.              | 10 "Brillo" pads.  |
| 2 lb. sugar.                          | 1 Toilet roll.     |
| 80 (½pt.) sachets of soup powder.     | 2 Rubbish bags.    |
| 150 (½pt.) sachets chocolate powder.  | 2 Mess tins.       |
- (b) Camp 2 Emergency Rations.
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|-----------------------------------|-----------------|
| Coffee, milk, sugar for 100 cups. | (5700 Calories) |
| 6 "Mars" bars.                    | (2000 Calories) |
| 1 packet of "Complan".            | (2000 Calories) |
| 1 packet of Lifeboat Rations.     | (4650 Calories) |
| 1 Box of matches.                 |                 |
| 1 Solid fuel cooker and fuel.     |                 |
| 1 Mess tin, 1 mug, 1 spoon.       |                 |
| 3 "Light sticks".                 |                 |
| 2 Kg. Carbide.                    |                 |
| 1 Large 500g. polythene bag.      |                 |