



mountainwater  
expeditions

**Specialists** in providing **Land**  
and **Water Based Expeditions**  
& **Adventure Activities**

**First Aid Equipment for the  
outdoor practitioner**

**DR<C>ABCDE**

[www.mountain-water.co.uk](http://www.mountain-water.co.uk)

## DR <C> ABCDE linked to equipment

### (D) Danger

Carry enough warm kit to remain static by the casualty's side for extended periods. This kit is personal to you.

Warm hat, gloves(mitts), waterproof coat and bottoms and spare warm layer (not down). Head torch and spare batteries.

### (R) Response

You are going to touch the casualty.

Examination Gloves – **Latex Free** – Go for a light colour, **NOT** black

[Examination Gloves](#)

### <C> CAT BLEEDING

You may need to stop catastrophic bleeding.

Pressure Dressing / Tourniquet / Celox Gauze

[Pressure Dressing](#)

[Tourniquet](#)

[Celox Gauze](#)

### (A) Airway

You may need to clear the airway of superficial blockage.

Examination Gloves – Latex Free – Go for a light colour, **NOT** black

[Examination Gloves](#)

You may have to breathe for the casualty.

Face shield or Pocket Mask

[Face shield](#) or [Pocket Mask](#)

### (B) Breathing

You should be able to record breath rate (and heart rate) – watch with second hand/stopwatch. Something waterproof to write on/with – Casualty Card

### (C) Circulation

You may need to cut clothing to access a wound.

Tuff Cut shears.

[Tuff Cut shears](#)

You may need to clean and examine a wound.

Swabs, sodium chloride water

[Swabs](#)

[Sodium chloride water](#)

You may need to dress a wound.

Low adherent dressing 10cm x 10cm

[Low adherent dressing](#)

Micropore tape

[Micropore tape](#)

Medium wound dressing and 'Trauma Dressing' 10cm x 18cm (Sometimes known as a Field Dressing).

2 x [Medium wound dressing](#)

Couple of normal wound dressings.

You may need to deal with a heart attack.

300mg Asprin

300mg Asprin

You may need to immobilise a fracture.

SAM Splint (36 inch).

[SAM Splint \(36 inch\)](#)

Conforming bandage 7.5cm x 4m (medical grade not 'vetwrap') and another couple of triangular bandages.

[Conforming bandage 7.5cm x 4m](#)

**(medical grade not 'vetwrap')**

2 x [Cotton Triangular bandage](#).

You may need to dress a blister.

Zinc Oxide Tape

[Zinc Oxide Tape](#)

Cling Film (burns)

(D) Damage /  
Deformity /  
Disability

**(E) Ensure / Emotions  
/ Environment**

You may need to keep your casualty (and yourself) warm.  
Group Shelter (minimum four-person size), closed cell foam matting / Blizzard Jacket / Exposure Bag

You will need to protect your kit from water.  
5L Drybag

You may need to feed your casualty or give a warm drink  
Jelly babies / warm drink

**Miscellaneous First Aid Kit Items.**

Tweezers

Assorted plasters

Hydrocolloid plasters (burst blisters)

Needle (splinters).

The above protocol is from our REC First Aid Training accreditation. The contents of the first aid kit is our own point of view. We are not endorsed or supported by any first aid equipment suppliers.

We run regular first aid at work courses throughout the North West of England in areas such as Liverpool, Warrington, Manchester, Chester and Preston.

If you feel this 16 hour first aid training course would be suitable for you or your organisation please do not hesitate to make contact with us on 07582 062 257 or email [info@mountain-water.co.uk](mailto:info@mountain-water.co.uk)



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