

FIRST AID KIT REQUIREMENTS
For CAT3, CAT4 and CAT6

YACHT NAME.....

DATE.....

| | Cat 3 | Cat 4 | Cat 6 | Qty. Carried |
|--|-------|-------|-------|--------------|
| First Aid Manual | | | 1 | |
| Waterproof Container | | 1 | 1 | |
| Disposable Gloves | | | 20 | |
| Crepe Bandages | | | 2 | |
| Band-aids | | | 20 | |
| Adhesive Tape 50mm x 2.5m | | | 1 | |
| Antiseptic Skin Solution (Betadine) 15ml | | | 1 | |
| Sunscreen > 15SPF 50mg (30SPF 90mg) | | | 1 | |
| S/Steel Scissors | | | 1 | |
| Safety Pins Assorted Sizes | | | 10 | |
| Triangular Bandage | | 1 | | |
| Cotton Wool combined pieces | 5 | 5 | | |
| Non Adherent Dressing (Unitulle) | | 5 | | |
| Burn Dressing 5cm wide | | 1 | | |
| Normal Saline 50ml | | 5 | | |
| Paracetamol 500mg (Panadol) | 20 | 20 | | |
| Codiene + Paracetamol (Panadene) | 20 | | | |
| Soluble Aspirin | 20 | | | |
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