

WHAT SUPPLIES ARE ESSENTIAL IF YOU TRAVEL TO REMOTE AREAS?



Discover vital equipment for remote trips. Customize your supplies based on your mode of travel and **ensure essentials are always on hand.**

01

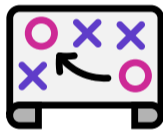
TRAVEL ESSENTIALS



In planning your journey, **consider the type of travel**, be it a 4WD adventure or a multi-week bushwalk.

03

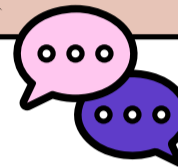
PLAN YOUR ROUTE



Map out your journey with an itinerary. **Share a copy for monitoring progress** and set regular check-in times.

02

STAY CONNECTED



There are vast areas of remote Australia without mobile phone coverage. This means **an alternative method of communication or emergency notification is required** for example:

- Satellite Phones
- Satellite Communicators
- UHF Radio
- Emergency Position Indicating Radio Beacon
- Personal Locator Beacon

04

FIRST AID KIT



For remote area first aid, a well-stocked First Aid Kit is essential. **The following list is a bare minimum** of first aid supplies you should carry:

- First aid instructions / quick reference guide x 1.
- Notebook and pen or pencil x 1.
- Disposable surgical face masks x 4.
- Resuscitation face mask or face shield with one-way valve x 1.
- Disposable nitrile gloves x5 pairs in various sizes.
- Gauze swabs 10 x 10 cm, sterile (3-pack) x 5 packs.
- Saline 15 ml or 30 ml 8 x 15 ml or 4 x 30 ml
- Adhesive dressing strips (Waterproof) x 50
- Non-adherent wound dressing/pad 5 x 5 cm (small) x 6
- Non-adherent wound dressing/pad 7.5 x 7.5 cm (medium) x 3
- Non-adherent wound dressing/pad 10 x 10 cm (large) x 3
- Conforming crepe bandage, light, 5 cm width, x 3
- Conforming crepe bandage, light, 7.5 cm width x 3
- Conforming crepe bandage, 10 cm width x 1
- Scissors x 1
- Adhesive tape, non-stretch, hypoallergenic, 2.5 cm wide roll x 1
- Dressing – combine pad 9 x 20 cm x 2.
- Resealable bag – large x 2
- Triangular bandage minimum width 110 x 155 cm x 2
- Eye pads, single-use x 2
- Instant cold pack for treatment of soft tissue injuries and stings x 1
- Alcohol-based hand sanitiser x 1
- Emergency accident blanket x 1

