



Hostile Environment Team Trauma (HETT) Kit

Purpose

To manage and ensure the safety of people, vehicles and equipment within the Convoy, whilst minimising the Convoy's impact on the environment and promoting the Convoy's image and reputation with communities along the way. One HETT Kit for the expedition to replace one Vehicle Trauma Pack.

Recommended Contents

- 1x 28 Litre Pack
- 2x 21g Needles
- 2x 25g Needles
- 1x 10ml Syringe
- 1x 18g Cannula
- 1x 1ml Syringe
- 1x 22g Cannula
- 1x 2ml Syringe
- 1x 3-0 Ethilon Suture
- 2x 4" First Care Dressing (with PB)
- 1x 500mL 0.9% Sodium Chloride IV Infusion
- 2x 6" First Care Dressing (with PB)
- 1x Anthisan Cream
- 1x Box of 20 Assorted Plasters
- 2x Bolin Chest Seal
- 2x Cat Tourniquet
- 2x Celox Gauze
- 1 x Celox Granules
- 2x Chemical Lights
- 1x Crepe Bandage 5 x 4.5m
- 1x Crepe Bandage 7.5 x 4.5m
- 5x Eye Irrigation
- 1x Foil Blanket
- 1x Gaffa Tape
- 1x Head Torch
- 1x Insect Repellent
- 1x Iodine Paint
- 1x Life Hammer
- 1x Micropore Tape 2.5cm x 10m
- 2x No.3 Ambulance Dressing
- 1x Pack of 12 Rehydration Salts
- 1x Sam Splint
- 2x Pack of 5 Steri Strips 3mm
- 1x Pack of 5 Steri strips- 5mm
- 2x Sterile Dressing - 10x10cm
- 2x Sterile Dressing - 5x5cm
- 1x Sterile Infusion Set
- 1x Thermometer
- 1x Tough Cut Scissors (LARGE)
- 2x Triangular Bandage
- 2x Vinyl Gloves
- 1x Viomedex Surgical Skin marker
- 2x Water Burn Gel
- 30x Water Purification Tablets
- 10x Wipes

Others:

- Antibiotics TBC
- Pain killing medication TBC
- Airways

Technical Expedition Team Additions

To support planned activities and

- Portable EAD (adults and children)
- Pulse Oxygen Toximeter
- Resuscitation bag and mask



Vehicle Trauma Packs

Purpose

The Vehicle Trauma Kit is specifically for overland trips into remote and extreme environments whether on two wheels or four. This kit has been expanded to include items such as a head-torch, a foil blanket and re-hydration salts.

Recommended Contents

- 1x 28 Litre Pack
- 2x 4" First Care Dressing
- 2x 6" First Care Dressing
- 1x Box of 20 Assorted Plasters
- 2x Bolin Chest Seal
- 1x Cat Tourniquet
- 1x Celox Gauze
- 2x Chemical Lights
- 1x Crepe Bandage 5 x 4.5m
- 1x Crepe Bandage 7.5 x 4.5m
- 5x Eye Irrigation
- 1x Foil Blanket
- 1x Gaffa Tape
- 1x Head Torch
- 1x Iodine Paint
- 1x Life Hammer
- 2x No.3 Ambulance Dressing
- 1x Pack of 12 Rehydration Salts
- 1x Sam Splint
- 2x Pack of 5 Steri Strips 3mm
- 1x Pack of 5 Steri strips- 5mm
- 1x Thermometer
- 1x Tough Cut Scissors (LARGE)
- 2x Triangular Bandage
- 2x Vinyl Gloves
- 2x Water Burn Gel
- 10x Wipes
- Airways

Personal First Aid Kits

Purpose

For inclusion in Personal Grab Bags. Remote area personal trauma first aid in hostile environments to include any prescribed personal medication including anti-malaria prophylaxis.

Recommended Contents

- 1x Pouch
- Personal prescription medication as required
- Anti malaria prophylaxis
- Insect repellent
- Sunscreen
- Water purification tablets
- 1x Bolin Chest Seal
- 1x 6" First Care Dressing (with PB)
- 1x 4" First Care Dressing (with PB)
- 1x Cat Tourniquet
- 1x Vinyl Gloves
- 1x Tough Cut Scissors (LARGE)
- 1x Box of 20 Assorted Plasters
- 5x Wipes
- 4x Eye Irrigation
- 1x Triangular Bandage
- 1x Pack of 5 Steri strips
- 1x Celox Gauze
- 1 x Facemasks



Sterile First Aid Kits

Purpose

For carriage in a Grab Bag. To be used in remote areas and where safe and trusted medical equipment might not be available. These items are normally to be handed for use to a qualified doctor, paramedic or nurse. Prevention of disease such as AIDS, Hepatitis B or other blood borne diseases.

Recommended Contents

General

- 1 x Primary Care Leaflet
- 1 x Sterile Information Card
- 1 x Scalpel (1cm blade)
- 2 x 2ml Syringes
- 2 x 5ml Syringes
- 1 x 10ml Syringe
- 1 x Hypodermic Needle (19G) 1.1 x 40mm White
- 2 x Hypodermic Needles (21G) 0.8 x 40mm Green
- 2 x Hypodermic Needles (23G) 0.6 x 30mm Blue
- 1 x Hypodermic Needle (25G) 0.5 x 25mm Orange
- 1 x IV Cannula (18G) 1.3 x 45mm
- 2 Pairs Vinyl Gloves

Preparations, Disposables & Tapes

- 1 x Micropore Tape 1.25cm x 5m
- 6 x Hygienic Cleansing Wipes
- 1 x Synthetic Suture 2.4 x 7.5 cm

Dressings

- 1 x Pack of Assorted Plasters
- 3 x Wound Closure Strips

Dental First Aid Kit

Purpose

Dental first aid equipment. Normally to be used by a Dentist or Doctor

Recommended Contents

Dental Equipment:

An example of equipment to be carried is as follows:

- Sterile surgical gloves
- Cotton-wool rolls
- Sealed alcohol swabs



MEDICAL EQUIPMENT PACKS

- Sachets of instrument sterilisation solution 2 dental mirrors
- 1 sickle probe
- 1 pair locking tweezers
- 1 flat-bladed filling plugger
- 1 spatula to mix filling material/glazed paper pad
- 1 pair Spencer Wells fine suturing forceps
- Black suture silk on fine semi-lunar needle
- 1 pair fine-curved surgical scissors
- Disposable scalpels
- Extraction forceps of your choice – 4 forceps would be the minimum
- Aspirating local anaesthetic (LA) syringe, gauge 30 needles (3cm), LA cartridges

Dental Pharmaceuticals and Materials:

- Antibiotics
 - Metronidazole 200mg for anaerobic gum infections: one four times a day for 4 days
 - Augmentin 500mg for all dental swellings and pain: one three times a day for 5–7 days
- Pain relief
 - Ibuprofen 400mg for all dental pain of routine origin (up to three times a day)
- Mouthwashing
 - Sachets of hydrogen peroxide mouthwash, table salt
- Temporary filling materials
 - Dycal – a two-liquid opaque calcium hydroxide lining to place under deep temporary fillings or over traumatically exposed live pulpal tissue
 - Cavit – a soft, easy-to-use, calming, temporary filling material
 - Glass ionomer filling material – a permanent filling material made up by mixing powder and water in a careful ratio. Normally contains fluoride. Can also be used in a thin preparation to re-cement a crown.