

Attachment 10**Lambton Outdoor Club****CANOE GROUP 1ST AID KIT**

Outdoor Research Advanced (mountaineers pack)

Last Date Checked: 19th April 2013

12 – Alcohol Prep pads	exp Aug 2016
30 – Tylenol 500 mg	exp Oct 2015
4 – Oral rehydration salts	exp Oct 2014
10 – Allergy / Antihistimine tablets	exp Jun 2014
1 – Tube Polysporin	exp Sep 2014
1 – Pkt antacid tablets 8 tabs Tums	exp Aug 2017
50 – Water purification tablets	exp None
1 – 2.5% Iodine, btl	exp Oct 2015
1 – Afterbite, tube	exp Oct 2015
1 – Water Jel	
2 – Waterproof bags	
2 – 1 st Aid Report Forms	
1 – 1 st Aid Booklet	
1 – Toilet roll	
1 – CPR Pocket ventilator	
2 – Emergency bags 84”x36”	
2 – 2” Round eye dressings	
6 – ¼”x2” wound closure strips	
1 – Sheet moleskin	
4 – Extra large band aids	
10 – Medium band aids	
10 – 4”x4” Sterile gauze pads	
10 – Telfa ouchless pads	
20 – Assorted band aids	
3 – Medium butterfly closures	
12 – Q-tips	
4 – Safety pins	
1 – Razor blade	
1 – Pair scissors	
1 – Pencil	
1 – Thermometer 94 – 106 deg F	
1 – Pair tweezers	
1 – Wound management kit	
1 – Tensor elastic bandage	
2 – 1 ½” Gauze bandage rolls	
1 – 2” Roll adhesive tape	
2 – 40” Triangular bandages	
1 – Wire splint 3 ½”x30”	
2 - Vinyl gloves, pr	
3 – Occlusive dressings	
1 – 3”x18” Bandaids	
1 – 1” Cloth tape	
1 – Duct tape	
1 – Irrigation syringe	

Attachment 10

Lambton Outdoor Club

CYCLING GROUP 1st AID KIT**KIT No.1: Black and green fanny pack****Last Date Checked: 19th April 2013**

- | | |
|--|---------------------|
| 12 – Alcohol swabs | exp Aug 2016 |
| 1 – Tincture of Iodine 2.5%, btl | exp Oct 2015 |
| 1 – Afterbite, tube | exp Oct 2015 |
| 24 – Tylenol tabs 500mg | exp Dec 2015 |
| 1 – Polysporin, tube | exp Sep 2014 |
| 8 – Tums, Antacid tabs | exp Aug 2017 |
| 2 – Sponges 4"x4" | |
| 1 – Adominal pad 5"x9" | |
| 2 – Pr latex gloves | |
| 1 – skin closures 5 / pkt | |
| 1 – Gauze bandage 2"x12' | |
| 1 – Elastic bandage 2" | |
| 1 – Pencil | |
| 1 – 1 st Aid booklet | |
| 1 – Bandage 6"x15' | |
| 1 – Band aid strip roll 3"x18" | |
| 5 – Band aids medium | |
| 2 – Gauze pads 2"x2" | |
| 2 – Non stick pads 3"x4" | |
| 4 – Band aids large | |
| 1 – Pr scissors | |
| 1 – Pr tweezers | |
| 12 – safety pins | |
| 4 – Eye dressings | |
| 1 – Resuci shield | |
| 4 – Occlusive dressing | |
| 1 – Cloth tape | |
| 1 – Irrigation syringe | |
| 1 – Wire splint | |
| 1 - Thermometer, hyperthermic, 97 – 106F | |
| 1 – Triangular bandages | |
| 4 – 1 st Aid Report forms | |
| 4 – Adhesive pads, 2 ¼" x 3" | |
| 1 – Emergency/survival bag, 84"x36" | |

Attachment 10**Lambton Outdoor Club****CYCLING GROUP 1st AID KIT****KIT No.2: Red Canadian Red Cross fanny pack****Last Date Checked: 19th April 2013**

12 – Alcohol swabs	exp Aug 2016
1 – After bite	exp Oct 2015
1 – Tincture of Iodine 2.5%, bottle	exp Oct 2015
1 – Polysporin ointment, tube	exp Sep 2014
30 – Tylenol tabs, 500mg	exp Oct 2015
1 – Tums, packet 8	exp Aug 2017
1 – 1 st Aid booklet	
1 – Gauze bandage 2”	
1 – Bio barrier face shield	
1 – Pr scissors	
1 – Pr tweezers	
1 – Sticky tape 1”	
1 – Stretch bandage	
1 – Pencil	
2 – Triangular bandage 40”x40”x56”	
1- Pressure bandage No2	
4 – Band aids butterfly	
3 – Gauze pads 2”	
5 – Band aids medium	
1 - Pr latex gloves	
3 – Pads 2”x2”	
3 – Pads 3”x3”	
1 – Pad 4”x4”	
4 – 1 st Aid Report forms	
1 – Eye pad	
2 – 4”x4” Telfa pads	
1 – 3”x18” Band-Aid	
1 – Irrigation syringe	
10 – Safety pins	
4 – Adhesive pads, 2 ¼”x3”	

Attachment 10

Lambton Outdoor Club

Hiking Group 1st Aid Kit**Kit No. 1. Red backpack****Last Date Checked: 19th April 2013**

12 – Alcohol prep pads	exp Aug 2016
12 – Anti histamine, Allergy tablets	exp Jun 2014
1 – Antibiotic ointment, Polysporin, tube	exp Sep 2014
30 – Tylenol caplets, 500mg,	exp Aug 2015
1 – Afterbite, tube	exp Oct 2015
1 – 5% Iodine, btl	exp Feb 2015
4 – Oral Rehydration salts, pkt	exp Oct 2014
12 – Antacid tabs, Tums, roll 8	exp Aug 2017
4 – Finger towelettes	
1 – Irrigation syringe	
1 – Pencil	
1 – Razor blade	
2 – Safety pins, small	
1 – Needle and thread	
1 – Resuci face shield	
2 – Moleskin patches	
4 – Band Aids, medium	
1 – 1 st Aid book	
2 – Oval eye pad, 1 5/8"x2 5/8"	
9 – Non stick sterile pads, 1 1/2"x2"	
4 – Band Aids, large, 3"x1 1/2"	
4 – Telfa pads, 3"x3"	
1 – Dressing, 5"x9"	
2 – Sponges, 4ply, 4"x4"	
1 – Bandage, roll, 1 1/2"w	
1 – Sticky tape, roll, 1"w	
1 – Elastic bandage, 2"x15'	
2 – Triangular bandage, 40"x40"x56"	
1 – Pair scissors	
3 – Latex gloves, pr	
1 – 3"x18" Band-Aid	
1 – Wire Splint	
1 – Tweezers. Pr	
1 – Thermometer, hyperthermic 95-106F	
1 – Survival emergency bag	
1 – Instant Cold compress	
4- 1 st Aid Report forms	

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Lambton Outdoor Club

Hiking Group 1st Aid Kit**Kit No. 2. Red backpack****Last Date Checked: 19th April 2013**

12 – Alcohol prep pads	exp Aug 2016
12 – Anti histamine, Allergy tablets	exp Jun 2014
1 – Antibiotic ointment, Polysporin, tube	exp Sep 2014
30 – Tylenol caplets, 500mg,	exp Aug 2015
1 – Afterbite, tube	exp Oct 2015
1 – 5% Iodine, btl	exp Aug 2015
4 – Oral Rehydration salts, pkt	exp Oct 2014
12 – Antacid tabs, Tums, roll 8	exp Aug 2017
12 – Finger towelettes	
1 – Pencil	
1 – Safety pins, set of 12	
1 – Resuci face shield	
2 – Moleskin patches	
25– Band Aids, medium	
1 – 1 st Aid book	
1 - Wound closure, 1/8"x 3" , 10 strips	
2 – Oval eye pad, 1 5/8"x2 5/8"	
4 – Non stick sterile pads, 1 1/2"x2"	
25 – Band Aids, large	
2 – Pressure pads, 3"x3"	
1 – Dressing, 5"x9"	
2 – Sponges, 4ply, 4"x4"	
1 – Bandage, roll, 1 1/2"w	
1 – Sticky tape, roll, 1"w	
1 – Elastic bandage, 2"x15'	
2 – Triangular bandage, 40"x40"x56"	
1 – Pair scissors	
2 – Latex gloves, pr	
1 – Wire Splint	
1 – Tweezers. Pr	
1 – Survival emergency bag	
4- 1 st Aid Report forms	
1 – Cold compress	
1 – Mini flashlight	
1 – Post-It notes	
1 – Self stick bandage	
2 – 4"x5" Telfa pads	
12 - Gauze pads	

Attachment 10

Lambton Outdoor Club

XC SKI GROUP 1st AID KIT
Last Date Checked: 19th April 2013

Back pack

- 2 – Sam Splints
- 1 – Tarpaulin 8'x10'
- 1 – Insulated foam pad 6'x2'

St John's Ambulance kit in Ziploc plastic bag.

- 1 – Tylenol tablets 500mg 30 tabs **exp Oct 2015**
- 12 – Alcohol prep pads **exp Aug 2016**
- 1 – 2.5% Iodine, btl **exp Oct 2015**
- 1 – Polysporin ointment **exp Sep 2014**
- 3 – Triangular bandages 91x91x130cm
- 4 – Gauze pads 5"x5"
- 4 – Cotton tip applicators 3"
- 3 – Band aids large
- 8 – Band aids medium
- 8 – Band aids small
- 3 – Band aids butterfly
- 3 – Band aids heel
- 10 – Band aid closure strips
- 3 – Spatulas 6"
- 1 – Gauze bandage
- 1 – Pr scissors
- 1 – Pr tweezers plastic
- 12 – Safety pins
- 1 – Roll sticky tape
- 1 – 1st Aid booklet
- 2 – Latex gloves pr
- 1 – Pressure bandage 2 1/2"x2 1/2"
- 3 – Eye pads oval 1 5/8"x2 5/8"
- 1 – Megasorb pad 5"x9"
- 1 – Resuci shield
- 4 – 3"x4" Telfa pads
- 1 – 3"x18" Bandaid
- 1 – Irrigation syringe
- 1 – Moleskin
- 1 – Thermometer, hypothermic, 25 – 40 C
- 1 – Survival blanket
- 4 – 1st Aid report forms
- 1 – Pencil
- 1 – Tensor elastic bandage