

2025 Kidney Kar Rally

First Aid Kit Contents Checklist

Bathurst to Dubbo via Port Macquarie
6-13 September 2025

Date: _____ Team Name: _____ Kar No: _____

Your First Aid Kit will be checked for the items below at the final safety check on registration day.

✓	Product	Quantity
	Fabric Adhesive Strips (band aids)	50 pack
	Adhesive Tape	1
	Wound Wipes	10 pack
	Eye Wash 10ml	3
	Eye Pad	2
	Non-Adherent Dressing 10cm	1
	Non-Adherent Dressing 7.5cm	1
	Non-Adherent Dressing 5cm	1
	Crepe Bandage 10cm	1
	Crepe Bandage 7.5cm	1
	Crepe Bandage 5cm	1
	Crepe Bandage 2.5cm	1
	Gloves	2 pairs
	Rescue Blanket	1
	Scissors	1
	Forceps	1
	Safety Pins	12 pack
	Triangular Bandage	1
	Combine Dressing 10cm	1
	Wound Dressing No 14	1
	Wound Dressing No 15	1
	Dressing Strip (to be cut to size)	1
	Cotton Buds	1
	Instant Cold Pack	1
	Plastic Bags, small, medium, large	1 each
	Splinter Probes	5
	Burn aid 3.5ml	5
	Refresh Eye Drops	1
	Gauze Swabs	2 x 5 pack
	Rapid Cream 50ml	1
	First Aid Booklet	1

***All items must be within expiry dates.**