

Blister care medical kit

Your blister preparations

Try out the varying products available to reduce moisture and friction, if you are going to use tape work out when and what works for you.

- Tape (Hyperfix, Hapla, Zinc Oxide, KT, Kinesio, Rocktape etc)
- Talc (There are lots of different types find what works for you and stick with it)
- Lube (Again there are lots of different types find what works for you)

Recommended First Aid kit provisions for blisters

- Tape/ Talc/ Lube (depending on preference as above)
- Alcohol wipes
- Fabric plasters or blister plasters (at least 6)
- Scissors to cut
- Antiseptic ointment
- Tissue paper or non-adherent dressings
- A skin adherent preparation (TBco, Opsite)
- Vaseline
- Alcohol hand gel (for clean hands as well as cleaning small wounds)
- Painkillers - this will hurt!

We recommend that each participant brings sufficient painkillers for their time on the event i.e. 8x500mg paracetamol for 24 hours. Paracetamol is recommended because these are safest and most easily available. Ibuprofen is an alternative but it is important that the user remains well hydrated if using these. Routine use of painkillers for muscle aches and pains is discouraged but if required because of an injury, the user should follow the dosing instructions, as they would at home, never exceeding the maximum doses. There will be medics along the route to offer additional advice if required.