



VRA Rogaining Event Map Checklist

Version 1.0, 9th July 2015

Equipment that should be in the first aid kit - check that everything is present and within its used by date
Should any new supplies be required please email competitionmanager@vra.rogaine.asn.au

- 2 x Specimen Biohazard
- 2 x Bandage Crepe 10cm
- 1 x Bandage Crepe 5cm
- 2 x Bandage Crepe 7.5cm
- 2 x Bandage Triangular 110cm
- 1 x Blanket Emergency Accident
- 1 x Cold Pack Instant
- 2 x Dressing Combine 10cm x 10cm
- 2 x Dressing Combine 10cm x 20cm
- 2 x Dressing Non-Adherent 7.5cm x 10cm
- 2 x Dressing Non-Adherent 5cm x 5cm
- 5 x Dressing Island Adhesive 8.3cm x 6cm
- 1 x Dressing Length Adhesive 6cm x 1m
- 1 x Dressing Universal 43cm x 20cm
- 1 x Face Shield CPR Without Valve
- 5 x Gloves Nitrile Large 2s
- 2 x Pad Eye
- 1 x Strips Adhesive Fabric 50s
- 1 x Strips Adhesive Plastic 50s
- 3 x Swabs Gauze 7.5cm x 7.5cm 3s
- 1 x Tape Hypoallergenic 2.5cm x 9m
- 1 x Tape Zinc Oxide 2.5cm x 5m
- 1 x Forceps Sharp Stainless Steel 12.5cm
- 1 x Pins Safety Assorted 12s
- 1 x Probes Splinter 5s
- 2 x Sachet Itch Relief 1g 5s
- 10 x Saline Eye and Wound Irrigation 15mL
- 1 x Scissors Sharp-Blunt Stainless Steel 12.5cm
- 1 x Shears Universal
- 1 x Swabs Alcohol 10s
- 1 x Swabs Antiseptic 10s
- 1 x Bandage Compression 10cm
- 1 x Sheet Polyethylene 61cm x 92cm
- 1 x Blanket Emergency Accident
- 1 x First Aid Guide