



## The Kitesurfer's First Aid Kit: SHOPPING LIST

- Water-proof band aids, butterfly bandages and skin adhesive
  - Sterile gauze pads
  - Bandage tape
  - Sport tape
  - Tourniquet
  - Pen or marker
- Scissors (round-tipped, 4 inches [10 cm] from pivot to tip)
  - Tweezers
  - Hand sanitizer
  - Antibiotic cream
  - Aloe vera cream
  - Hydrocortisone cream
  - Lubricant eyedrops
  - Muscle pain relief
  - Survival rescue blanket

Buy locally if travelling by air without checked baggage:

- Bottle of isopropyl alcohol or peroxide
  - Bottle of vinegar
  - Bottle of fresh water

Additional items for tropical waters with coral reefs and venomous sea creatures:

- Fungicide cream (Active ingredient: Terbinafine hydrochloride 1%)
  - Stingray treatment kit

Other items:

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