11. Appendix 1: First Aid Kit

Suggested First Aid Kit

This is a suggested First Aid kit list based on what we have found most useful for dealing with the types of injuries people commonly have after arrest and being held in custody. Don't worry if you don't have everything on this list – just take whatever you can. If you want to buy supplies in advance, Medisave often has First Aid kit at good prices.

- Disposable gloves
- Antibacterial hand sanitiser
- Hot and cold packs
- Wet wipes
- Blue plasters
- Coban
- Medical tape
- Ambulance dressing
- Aftersun
- Sugary sweets or glucose tablets
- Disposable razors
- Menstrual products
- RAISED cards

> If you are building a First Aid kit for protest or station support and would like access to supplies and training, you can get in touch with Queercare at protest@queercare.network.