



# CHOOSE THE FIRST AID KIT THAT SUITS YOU BEST IN 3 STEPS!

A happy traveller is a carefree traveller. When it comes to first aid, we know what you need. With 21 years of experience, we offer a first aid kit for every user, every activity and every destination. Our first aid kits have been put together in consultation with (expedition) doctors and professionals. We guarantee that the content of our kits is optimised. All our first aid kits are packed in a strong nylon red bag. The soft packaging makes the kit easy to store in your luggage, even when space is limited. Need to bring your own medicines along? No problem as the bag is big enough. We wish you carefree travels, both far away and closer to home!

Travel Health Care Products



	STEP 1	STEP 2					STEP 3	
	HOW MANY PEOPLE?	WHERE AND WHEN DO YOU USE YOUR FIRST AID KIT?					CONTENT OF FIRST AID KIT	
		At home	Day trips	Holidays	Long-distance travel	Sports activities	Number of items	Weight
	The content of the first aid kit is optimised for the following number of people.	Content optimised for accidents most common in and around your home.	Content optimised for accidents most common during day trips in your own country and abroad.	Content optimised for countries with good hygienic conditions and easy-to-reach medical facilities.	Content optimised for destinations with poor hygienic conditions and for long-distance travel with limited or difficult-to-reach facilities.	Content optimised for most common sport-related accidents.		
LIGHT TRAVELLER	1-2		● ● ○				20	50 grams Lightweight
LIGHT WALKER	1-2		● ● ○			✓	13	50 grams Lightweight
LIGHT CYCLIST	1-2		● ● ○			✓	23	50 grams Lightweight
BASIC	1-2	● ● ○	● ● ●	● ○ ○		✓	30	150 grams Lightweight
COMPACT	1-2	● ● ○	● ● ●	● ● ●		✓	38	235 grams
ADVENTURER	1-2				● ● ●		72	385 grams
STERILE	1-2				● ● ●		57	240 grams
WATERPROOF	1-2		● ● ●	● ● ●		✓	72	460 grams
WALKER	1-2		● ● ●	● ● ○		✓	40	450 grams
WINTERSPORT	1-2			● ● ●		✓	41	450 grams
WINTERSPORT PRO	>2			● ● ●		✓	47	750 grams
EMERGENCY	>2	● ● ●	● ○ ○	● ● ●		✓	59	470 grams
FAMILY	>2	● ● ●	● ○ ○	● ● ●			90	700 grams
PROFESSIONAL	>2				● ● ●		90	650 grams
MOUNTAINEER	>2		● ○ ○	● ● ●		✓	74	850 grams

Tropicare®, 201401\_1.0

## LIGHT TRAVELLER

### Contents\*

- 4 items Alcohol-free wipes
- 12 items Waterproof plasters
- 2 items Burns compresses
- 2 items Non-sticking bandages

## LIGHT WALKER

### Contents\*

- 2 items Alcohol-free wipes
- 5 items Waterproof plasters
- 3 items Blister plasters
- 1 item Tick remover
- 1 item Foot scrub
- 1 item Foot balm

## LIGHT CYCLIST

### Contents\*

- 2 items Alcohol-free wipes
- 2 items Hand-cleaning wipes
- 12 items Waterproof plasters
- 2 items Burns compresses
- 3 items Butterfly stitches
- 2 items Eye and wound rinse water

## BASIC

### Contents\*

- 5 items Compresses 5x5 cm
- 1 item Hydrophilic bandage 5 cmx4 m
- 6 items Plasters 19x38 mm
- 5 items Plasters 25x72 mm
- 2 items Plasters 60x10 mm
- 1 item Emergency bandage 12x12 cm
- 1 item Roll fixing tape 1.25 cmx1 m
- 1 item Pair of vinyl gloves
- 4 items Alcohol wipes
- 1 item Pair of first aid scissors (small)
- 1 item Pair of tweezers
- 1 item Packet of safety pins (6 pins)
- 1 item List of contents

## COMPACT

### Contents\*

- 5 items Compresses 5x5 cm
- 1 item Hydrophilic bandage 5 cmx4 m
- 5 items Plasters 19x38 mm
- 5 items Plasters 25x72 mm
- 5 items Plasters 60x10 mm
- 1 item Emergency bandage 12x12 cm
- 1 item Roll of fixing tape 2.5 cmx5 m
- 2 items Pair of vinyl gloves
- 6 items Alcohol wipes
- 1 item Pair of first aid scissors (small)
- 1 item Pair of tweezers
- 1 item Packet of safety pins (6 pins)
- 1 item List of contents
- 1 item Care Plus® First Aid Guidance card
- 2 items Non-sticking compresses 10x10cm

## ADVENTURER

### Contents\*

- 5 items Compresses 5x5 cm
- 1 item Hydrophilic bandage 5 cmx4 m
- 5 items Plasters 19x38 mm
- 5 items Plasters 25x72 mm
- 2 items Plasters 60x10 mm
- 1 item Emergency bandage 12x12 cm
- 1 item Roll of fixing tape 1.25 cmx1 m
- 1 item Pair of vinyl gloves
- 10 items Alcohol wipes
- 1 item Pair of first aid scissors (small)
- 1 item Pair of tweezers
- 1 item List of contents
- 1 item Care Plus® First Aid Guidance card
- 1 item Set of butterfly stitches (5)
- 6 items Needle & syringe sets 0.6x25 mm / 5 ml
- 3 stuks Disposable syringes 2 ml
- 6 stuks Disposable syringes 5 ml
- 6 items Disposable needles 0.4x20 mm
- 6 items Disposable needles 0.8x40 mm
- 1 item IV needle (Cannula IV) 125 ml/min
- 1 item Stitching thread & needle 75 cm/nylon
- 4 items Blood lancets
- 1 item Scalpel
- 1 item Mouth-to-mouth facemask
- 1 item Doctor's statement

## STERILE

### Contents\*

- 2 items Pair of vinyl gloves
- 6 items Alcohol wipes
- 20 items Assorted plasters
- 1 item Stitching thread & needle
- 1 item Scalpel
- 1 item Doctor's statement
- 1 item IV needle (Cannula IV) 125 ml/min
- 1 item Tooth needle 0.4 x 35 mm
- 3 stuks Disposable syringes 2 ml
- 5 stuks Disposable syringes 5 ml
- 5 items Disposable needles 0.4x20 mm
- 5 items Disposable needles 0.8x40 mm
- 5 items Blood lancets
- 1 item Care Plus® First Aid Guidance card

## WATERPROOF

### Contents\*

- 5 items Compresses 5x5 cm
- 10 items Plasters 25x72 mm
- 10 items Plasters 60x110 mm
- 1 item Roll of fixing tape 2.5 cmx5 m
- 2 items Pair of vinyl gloves
- 10 items Alcohol wipes
- 1 item Pair of first aid scissors (small)
- 1 item Pair of tweezers
- 1 item Packet of safety pins (6 pins)
- 1 item List of contents
- 1 item Care Plus® First Aid Guidance card
- 4 items Non-sticking compresses 10x10 cm
- 1 item Support bandage 7.5 cmx4.5 m
- 2 items Hydrophilic bandages 7.5 cmx4 m
- 1 item Finger plaster
- 1 item Knuckle plaster
- 1 item Set of butterfly stitches (5)
- 1 item Triangular cloth
- 1 item Mouth-to-mouth facemask
- 1 item Emergency blanket
- 1 item Thermometer
- 1 item Burns compress 10x10 cm
- 4 items Fingerstalls

## WALKER

### Contents\*

- 5 items Compresses 5x5 cm
- 4 items Plasters 19x38 mm
- 4 items Plasters 25x72 mm
- 8 items Alcohol wipes
- 1 item List of contents
- 1 item Care Plus® First Aid Guidance card
- 1 item Support bandage 7.5 cmx4.5 m
- 6 items Blister plaster
- 1 item Sports tape, 2.5 cm x 10 cm
- 5 items Blood lancets
- 1 item Camphor spray
- 1 item Foot powder
- 1 item Packet of 5 cotton wool balls
- 1 item Booklet on blister treatment

## WINTERSPORT

### Contents\*

- 2 items Compresses 10x10 cm
- 1 item Hydrophilic bandage 8 cmx4 m
- 8 items Plasters 6 cm x 10 cm
- 1 item Bandage 10 x12 cm
- 2 items Pair of vinyl gloves
- 6 items Alcohol wipes
- 1 item Pair of first aid scissors (large)
- 4 items Safety pins
- 1 item List of contents
- 1 item Waterproof contents sheet
- 1 item Waterproof booklet
- 1 item Alupad 10x10 cm
- 1 item Triangular cloth
- 1 item Sports tape, 2.5 cmx5 m
- 3 items Blister plasters
- 1 item Sticking bandage 6 cmx4 m
- 1 item Set of butterfly stitches (5)
- 1 item Mouth-to-mouth facemask
- 1 item pencil
- 1 item Emergency blanket
- 1 item Sun protection lipstick
- 1 item Pair of hand warmers

## WINTERSPORT PRO

### Contents\*

- 2 items Compresses 10x10 cm
- 1 item Hydrophilic bandage 8 cmx4 m
- 8 items Plasters 6 cmx10 cm
- 1 item Bandage 10x12 cm
- 2 items Pair of vinyl gloves
- 6 items Alcohol wipes
- 1 item Pair of first aid scissors (large)
- 4 items Safety pins
- 1 item List of contents
- 1 item Waterproof contents sheet
- 1 item Waterproof booklet
- 1 item Alupad 10x10 cm
- 1 item Triangular cloth
- 1 item Sports tape, 2.5 cmx5 m
- 3 items Blister plasters
- 1 item Sticking bandage 6 cmx4 m
- 1 item Set of butterfly stitches (5)
- 1 item CPR mask in box
- 1 item Pencil
- 1 item Emergency blanket
- 1 item Face & lip sun protection
- 1 item Pair of hand warmers
- 1 item Pair of toe warmers
- 1 item Thermometer
- 1 item Burn relief gel
- 1 item Trauma bandage
- 1 item Splint
- 1 item Duct tape, 5 cmx1 m

## EMERGENCY

### Contents\*

- 5 items Compresses 5x5 cm
- 1 item Hydrophilic bandage 5 cmx4 m
- 5 items Plasters 19x38 mm
- 5 items Plasters 25x72 mm
- 10 items Plasters 60x100 mm
- 2 items Emergency bandages 12x12 cm
- 2 items Pair of vinyl gloves
- 6 items Alcohol wipes
- 1 item Pair of first aid scissors (large)
- 1 item Pair of tweezers
- 1 item Packet of safety pins (6 pins)
- 1 item List of contents
- 1 item Care Plus® First Aid Guidance card
- 4 items Non-sticking compresses 10x10 cm
- 1 item Hydrophilic bandage 7.5 cmx4 m
- 1 item Finger plaster
- 1 item Knuckle plaster
- 1 item Blister plaster 5x5 cm
- 1 item Adhesive plaster 2.5 cmx5 m
- 2 items Sets of butterfly stitches (5)
- 1 item Triangular cloth
- 1 item Mouth-to-mouth facemask
- 1 item Emergency blanket
- 1 item Unbreakable thermometer
- 2 items Burn wounds gel 3.5g
- 1 item Paraffin gauze 10 x 40cm

## FAMILY

### Contents\*

- 5 items Compresses 5x5 cm
- 5 items Plasters 19x38 mm
- 15 items Plasters 25x72 mm
- 15 items Plasters 60x10 mm
- 2 items Emergency bandages 12x12 cm
- 1 item Roll of fixing tape 2.5 cmx5 m
- 1 item Pair of vinyl gloves
- 8 items Alcohol wipes
- 1 item Pair of first aid scissors (large)
- 1 item Pair of tweezers
- 1 item Packet of safety pins (6 pins)
- 1 item List of contents
- 1 item Care Plus® First Aid Guidance card
- 6 items Non-sticking compresses 10x10 cm
- 2 items Hydrophilic bandages 7.5 cmx4 m
- 2 items Finger plasters
- 2 items Knuckle plasters
- 2 items Blister plasters 5x5 cm
- 2 items Sets of 5 butterfly stitches 3x75mm
- 1 item Triangular cloth
- 1 item Mouth-to-mouth facemask
- 1 item Emergency blanket
- 1 item Thermometer
- 1 item Tick remover
- 1 item Ice pack
- 1 item Burns compress 10x10 cm
- 2 items Eye & wound rinse 20 ml
- 5 items Plasters for children 60x110 mm

## PROFESSIONAL

### Contents\*

- 5 items Compresses 5x5 cm
- 10 items Plasters 25x72 mm
- 10 items Plasters 60x110 mm
- 2 items Emergency bandages 12x12 cm
- 1 item Roll of fixing tape 2.5 cmx5 m
- 2 items Pair of vinyl gloves
- 10 items Alcohol wipes
- 1 item Pair of first aid scissors (large)
- 1 item Pair of tweezers
- 1 item Packet of safety pins (6 pins)
- 1 item List of contents
- 4 items Non-sticking compresses 10x10 cm
- 1 item Support bandage 7.5 cmx4.5 m
- 2 items Hydrophilic bandages 7.5 cmx4 m
- 2 items Finger plasters
- 2 items Knuckle plasters
- 2 items Blister plasters 5x5 cm
- 1 item Set of butterfly stitches (5)
- 6 items Needle & syringe sets 0.6x25 mm / 5 ml
- 1 item Dental needle 0.4 x 35 mm
- 1 item IV needle (Cannula IV) 125 ml/min
- 1 item Stitching thread & needle 75 cm/nylon
- 5 items Blood lancets
- 1 item Scalpel
- 1 item Triangular cloth
- 1 item Mouth-to-mouth facemask
- 1 item Emergency blanket
- 1 item Thermometer
- 1 item Doctor's statement
- 1 item Tick remover
- 1 item Ice pack
- 1 item Burns compress 10x10 cm
- 2 items Single-use aprons
- 2 items Eye & wound rinse 20 ml
- 4 items Fingerstalls

## MOUNTAINEER

### Contents\*

- 5 items Compresses 5x5 cm
- 1 item Hydrophilic bandages 5 cmx4 m
- 5 items Plasters 19x38 mm
- 5 items Plasters 25x72 mm
- 5 items Plasters 60x100 mm
- 2 items Emergency bandages 12x12 cm
- 1 item Roll of fixing tape 2.5 cmx5 m
- 2 items Pair of vinyl gloves
- 10 items Alcohol wipes
- 1 item Pair of first aid scissors (large)
- 1 item Pair of tweezers
- 1 item Packet of safety pins (6 pins)
- 1 item List of contents
- 1 item Care Plus® First Aid Guidance card
- 4 items Non-sticking compresses 10x10 cm
- 1 item Hydrophilic bandage 7.5 cmx4 m
- 2 items Finger plasters
- 2 items Knuckle plasters
- 5 items Blister plasters 5x5 cm
- 1 item Sports tape, 2.5 cm x 10 cm
- 1 item Set of butterfly stitches (5)
- 5 items Blood lancets
- 2 items Triangular cloths
- 1 item Mouth-to-mouth facemask
- 1 item Emergency blanket
- 1 item Thermometer
- 1 item Lipstick/lip balm
- 1 item Splint
- 1 item Foot powder
- 1 item Emergency whistle
- 1 item Roll duct tape
- 1 item Guide to emergency signals
- 1 item Net bandage

## LEGEND

Degree of suitability:

● ● ● Good

● ● ● Better

● ● ● Best

 Lightweight

 Water-repellent

\* Black = basic contents  
Red = additional contents