

## First Aid

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Nobody likes to think of an accident or illness during tours and these topics are often ousted as much as possible – until something happens. Then you are glad to have the absolutely necessary instantly at hand. I don't want to write about ointments, drugs and bandages. You find enough material on the basic equipment in the internet. There exist also a variety of courses where you can learn how to act in different situations (eg Atlas Travel - [www.atw.ch](http://www.atw.ch)). Depending on the tour, the composition of the first aid kit can vary. The danger to be bitten by a rattle snake at the Northcap is most probably very remote and so is the chance that you get in contact with a poisonous fish in the desert.



I have spread my 'first aid' in the car.

- First aid kit for accidents and heavy injuries is instantly at hand.
- Plaster-set with tweezer and scissors for small cuts and blisters in the glove box.
- Tick-set, permanently mounted (because it looks terrific).
- Others (drugs, ointments, clinical thermometer etc ) in a box with the normal luggage.

In addition I carry with me some literature with tips and tricks for improvisation in case no medical treatment can be organised in the short run (eg Rüdiger Nehbert – 'Medicine Survival')



With this - I think – I should be prepared for at least the most common kinds of physical adversity. However, it is very important to think about all that in advance of a tour. Drugs, for instance, do not last indefinitely. Also, a physical check can never be harmful before a longer journey. In addition, one might also think about a brush up of the mandatory first-aid course for the driving license.