

Don't leave home without it

This checklist will help make your next off-road adventure a safe one, **DEAN MELLOR** says

With planning and preparation, you're guaranteed to have a safe and enjoyable time on your next off-road trip. This checklist has all the necessary gear you'll need to carry to cope with most emergency situations. Simply tick-off the items on the list as you get set for your adventure.

Combine the checklist with the extra hints below and you will have an awesome trip.

- Pre-plan – where, when, time, distance and fuel. Set a reasonable distance to drive each day. Keep it flexible.
- Research – fuel availability, resupply points, attractions and activities.
- Check the expiry dates of your first aid kit contents
- Make sure you tell someone reliable where you're headed and when you expect to arrive at your destination.
- Apply for relevant permits for national parks or Aboriginal land well in advance. Some national parks operate on a ballot system during busy seasons.
- For remote areas, allow five litres of water, per person, per day, and store it in separate containers in case of leakage.

■ REMOTE AREA FIRST AID KIT

- Conforming gauze bandages ☐
- Heavy crepe bandages ☐
- Medium hospital crepe ☐
- Triangular bandages ☐
- Kidney dish ☐
- Tray round galley pot ☐
- Medicine cups ☐
- Emergency blanket ☐
- Small burns casualty sheet ☐
- Hot and cold pack (large) ☐
- Instant ice pack (small) ☐
- Sam splint ☐
- Soft foam neck brace ☐
- Leather finger stalls ☐
- Swab gauze ☐
- Alcohol swab ☐
- Chlorhexidine solution ☐
- Saline solution ☐
- Eye shower bottle ☐
- Povidone iodine ☐
- Cotton buds ☐
- Burnaid gel ☐
- Burnaid dressing ☐



- Prescription medication ☐
- Icy Cool spray ☐
- Savlon cream ☐
- Plastic bags ☐
- Non-adhesive dressings ☐
- Combine dressings ☐
- Wound dressings ☐
- Adhesive strips ☐
- Micropores ☐
- Eye pads (sterile) ☐
- First aid book (small) ☐
- Resuscitation shield ☐
- Latex gloves ☐
- Forceps (disposable) ☐
- Digital thermometer ☐
- Splinter probe ☐
- Sharps container ☐
- Scissors (stainless steel) ☐
- Safety pins ☐
- Heavy duty paramedical shears ☐
- Disposable torch ☐
- Notebook ☐
- Pencil ☐



SAFETY CHECKLIST

TEAROUT

■ HYGIENE

- Toiletries ☐
- Toilet paper ☐
- Dishwashing liquid (biodegradable) ☐
- Hand soap/disinfectant wipes ☐
- Camp shower ☐
- Water heater ☐
- Shovel ☐
- Towel ☐
- Toilet/shower tent ☐
- Clothes detergent/Napisan ☐

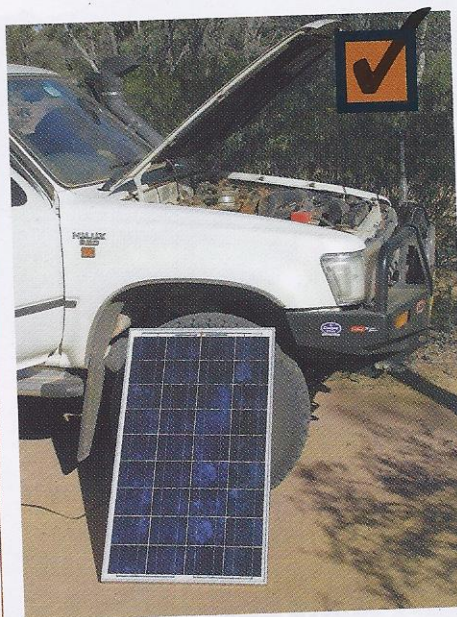
Check the expiry dates of your first aid kit before heading out on your adventure

■ VEHICLE

- Recovery kit ☐
- First-aid kit ☐
- Fire extinguisher ☐
- Fire blanket ☐
- UHF radio ☐
- Satphone/HF radio ☐
- Comprehensive tool kit ☐
- Check tyre wear ☐
- Check spare tyre air pressure ☐
- Tyre repair kit ☐
- Vehicle spares ☐
- Spare coolant/oil ☐
- Extra fuel ☐
- Replacement air, oil and fuel filters ☐
- Maps, compass and GPS ☐
- Tyre pressure gauge ☐

■ CLOTHING

- Warm jumper ☐
- Long-sleeve shirt ☐
- Hat/beanie ☐
- Long pants ☐
- Shorts ☐
- Boots ☐
- Sandals ☐
- Underwear ☐
- Wet-weather clothing ☐
- Sun protection (hat/sun screen) ☐



■ BASE CAMP

- Power source (generator) ☐
- Solar panels ☐
- Air compressor ☐
- Camp lighting ☐
- Torch ☐
- Spare gas-light poles ☐
- Insect repellent ☐
- Axe/bush-saw ☐

- Extra batteries ☐
- Battery charger ☐

■ 10 ESSENTIAL TOOLS

- Spanner set ☐
- Adjustable spanners ☐
- Vice- and multi-grips ☐
- Pliers ☐
- Screwdriver set ☐
- 12V soldering iron ☐
- Tyre levers ☐
- Ball peen hammer ☐
- Hacksaw ☐
- Files ☐

■ ENOUGH TRIP SUPPLIES

- Water (5L per person per day) ☐
- Food ☐
- Fuel (calculate distance between stops) ☐
- Fridge ☐
- Spare fridge fuses ☐
- Matches/lighters ☐
- Fire lighters ☐
- Paper (for starting fires) ☐

■ OPTIONAL GEAR

- EPIRB ☐
- Emergency flare (electronic) ☐
- Portable welder ☐
- Tarpaulins ☐
- Spare glasses/contact lenses ☐
- Bucket ☐

