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| IFAK hike lite | quantity | have | need |
| content list | 1 |  |  |
| nitrile gloves large pair | 1 |  |  |
| tweezers stainless steel  | 1 |  |  |
| trauma shears 15cm | 1 |  |  |
| splinter probes (1 sheet of 5) | 1 |  |  |
| alcohol free skin cleansing wipe  | 1 |  |  |
| antiseptic soothing cream 1g | 1 |  |  |
| burn gel 3.5g | 1 |  |  |
| saline irrigation 20ml | 1 |  |  |
| tick twister | 2 |  |  |
| snake bite tension indicator bandage 4.5m | 2 |  |  |
| band aids plastic assorted shapes 20 | 1 |  |  |
| blister dressing | 2 |  |  |
| wound closure strips (1 card with 3 strips ) ?cm | 1 |  |  |
| adhesive island dressing patch 6 x 8cm | 1 |  |  |
| adhesive island dressing patch 9 x 10cm | 1 |  |  |
| thermal blanket |  |  |  |
| calico triangular bandage | 1 |  |  |
| QR code card for Australian Bites & Stings app | 1 |  |  |
| FREE lemonade hydration “Squincher” sachet 3g | 1 |  |  |