



LIFESYSTEMS®

Surviving adventure



2017 WORKBOOK





Welcome

Nothing impacts a great adventure quicker than falling ill or sustaining an injury. When you're outside your comfort zone or in an unfamiliar part of the world, the risks mount up. With Lifesystems® at your side, you can travel with confidence. We have protected adventurers and explorers for 25 years against whatever the elements and fate have thrown at them. We work with some of today's leading expedition and emergency medical experts so that, through constant research and scientific innovation, we can help you survive your toughest adventures.

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First Aid Kits

Outdoor Kits

Climbers, mountaineers and trekkers will inevitably find themselves off the beaten track from time to time. If any injuries are sustained, it is important to have a well equipped first aid kit to hand. We have worked closely with expedition doctors to ensure that our range of outdoor first aid kits are equipped to cover a wide range of common injuries.

Outdoor Sports Kits

The Lifesystems range of outdoor sports first aid kits are specifically designed for active sports. Whether it be skiing, snow-boarding, adventure racing or kayaking, we have a kit to suit your requirements. These kits are designed to be tough and have the components you are most likely to need.

Travel Kits

World travel can take you to remote places which may lack basic emergency first aid equipment. Doctors recommend that you should take sterile equipment, a well equipped first aid kit and any prescription medicines that you require. We have carefully specified all of our travel kits to make it easy to locate items and administer first aid in an emergency.



Outdoor Kits



Blister

Designed for blister prevention and treatment.

Contents: Fabric plasters, 5 blister plasters, blister stick, antiseptic wipes.

Code	Items	Weight	Dimensions (mm)
1003	9	75g	125 x 80 x 45



Adventurer

A compact kit for most outdoor activities.

Contents: Primary care leaflet, low-adherent dressing, vinyl gloves, woven bandage, gauze swabs, fabric plasters, blister plasters, burn gel, micropore tape, crepe bandage, triangular bandage, medium dressing, paracetamol (UK only), antiseptic wipes, scissors, tweezers, safety pins.

Code	Items	Weight	Dimensions (mm)
1030	29	330g	150 x 130 x 80



Pocket

Includes all essentials for minor injuries.

Contents: Primary care leaflet, low-adherent dressing, woven bandage, gauze swabs, fabric plasters, micropore tape, crepe bandage, Savlon® antiseptic cream, antiseptic wipes, scissors, tweezers, safety pins.

Code	Items	Weight	Dimensions (mm)
1040	18	180g	125 x 80 x 45



Explorer

A larger general kit for everyday use.

Contents: Primary care leaflet, low-adherent dressings, vinyl gloves, woven bandage, gauze swabs, fabric plasters, blister plasters, burn gel, zinc oxide tape, crepe bandage, triangular bandage, medium dressing, fabric dressing strip, wound closure strips, paracetamol (UK only), ibuprofen (UK only), antiseptic wipes, thermometer, scissors, tweezers, safety pins.

Code	Items	Weight	Dimensions (mm)
1035	36	395g	170 x 130 x 60



Trek

Designed to treat common injuries when out for a hike.

Contents: Primary care leaflet, low-adherent dressing, vinyl gloves, woven bandage, gauze swabs, fabric plasters, blister plasters, micropore tape, crepe bandage, paracetamol (UK only), antiseptic wipes, scissors, tweezers, safety pins.

Code	Items	Weight	Dimensions (mm)
1025	23	241g	140 x 110 x 50



Camping

Designed to treat common injuries when camping.

Contents: Primary care leaflet, low-adherent dressings, vinyl gloves, woven bandage, gauze swabs, fabric plasters, burn gel, zinc oxide tape, micropore tape, crepe bandage, triangular bandage, medium dressing, eye-pad dressing, fabric dressing strip, wound closure strips, paracetamol (UK only), antiseptic wipes, eyewash, duct tape, thermometer, scissors, tweezers, safety pins.

Code	Items	Weight	Dimensions (mm)
20210	40	452g	170 x 130 x 60



Mountain

Designed to treat common situations on the mountain.

Contents: Primary care leaflet, low-adherent dressings, vinyl gloves, woven bandage, gauze swabs, fabric plasters, blister plasters, burn gel, zinc oxide tape, micropore tape, crepe bandage, triangular bandage, medium dressing, eye-pad dressing, fabric dressing strip, wound closure strips, paracetamol (UK only), ibuprofen (UK only), antiseptic wipes, duct tape, glow stick, thermometer, scissors, shears, tweezers, safety pins.

Code	Items	Weight	Dimensions (mm)
1045	52	700g	200 x 140 x 90



Mountain Leader

A large pack for anyone taking a group of people.

Contents: Primary care leaflet, low-adherent dressings, vinyl gloves, woven bandage, gauze swabs, fabric plasters, blister plasters, burn gel, zinc oxide tape, micropore tape, crepe bandage, triangular bandage, medium dressing, eye-pad dressing, fabric dressing strip, wound closure strips, paracetamol (UK only), ibuprofen (UK only), antiseptic wipes, duct tape, glow stick, thermometer, resuscitation aid, scissors, shears, tweezers, safety pins.

Code	Items	Weight	Dimensions (mm)
1050	64	930g	230 x 180 x 100



Mountain Leader Pro

A larger pack for anyone taking a group of people.

Contents: Primary care leaflet, dental care leaflet, sterility info card, low-adherent dressings, vinyl gloves, woven bandage, gauze swabs, fabric plasters, blister plasters, burn gel, zinc oxide tape, micropore tape, crepe bandage, triangular bandage, medium dressing, eye-pad dressing, fabric dressing strip, wound closure strips, paracetamol (UK only), ibuprofen (UK only), antiseptic wipes, duct tape, glow stick, thermometer, resuscitation aid, scissors, shears, tweezers, safety pins, hypodermic needles and syringes, scalpel, braided silk suture, dental mirror, spatula, clove oil, cotton rolls, filling cement.

Code	Items	Weight	Dimensions (mm)
1055	89	1130g	290 x 190 x 110

Durable Ripstop Cases

The iconic red cases are synonymous with Lifesystems. Each pack incorporates the use of hard wearing ripstop fabrics and waterproof zips which provide that extra level of durability and protection.

Quality Components

We only source from leading manufacturers who use the latest innovative materials and medical expertise to create the best quality components. All these are certified and carry the CE mark confirming they meet the latest EU legislation for product quality. Our kits also include recognisable brands such as 3M® and Burnshield®.



First Aid Refill Packs

Dressing & bandage refills for replenishing your kit.

Dressings Pack - Low-adherent dressings, vinyl gloves, gauze swabs, fabric plasters, blister plasters, micropore tape, fabric dressing strip, wound closure strips, antiseptic wipes.

Bandages Pack - Vinyl gloves, woven bandage, zinc oxide tape, micropore tape, small crepe bandage, large crepe bandage, antiseptic wipes, safety pins.

Code	Type	Items	Weight	Dimensions (cm)
27010	Dressings Pack	25	111g	200 x 125 x 50
27020	Bandages Pack	10	111g	200 x 125 x 50

NEW



First Aid Drybag

An empty 2-litre waterproof roll top dry bag to shield your first aid kit contents in wet conditions. External D-rings allow you to attach the dry bag to the outside of your rucksack.

- Fully taped seams
- Hanging loop
- Base strap
- 2L capacity

Code	Weight	Dimensions (mm)
27120	50g	33 x 34 x 18



QUICK
FIND
system

First Aid Case

An empty first aid case which can be used to create a fully customised kit to meet your specific requirements.

Code	Weight	Dimensions (mm)
2350	140g	210 x 160 x 60

QUICK
FIND
system

The QuickFind System

Many Lifesystems first aid kits, including the Waterproof Kit, include our QuickFind system to help access the right components quickly and easily. Labelled pockets detailing what sort of injury the contents would help with speeds up the treatment process and ultimately helps treat the patient promptly and more effectively.

Winter Sports Kits



Snow Sports

Includes all essentials for minor injuries on the slopes.

Contents: Crepe bandage, triangular bandage, low adherent dressing, pack of plasters, blister plasters, gauze swabs, antiseptic wipes, primary care leaflet, zinc oxide tape, vinyl gloves, thermal blanket, sun cream combi-stick.

Code	Items	Weight	Dimensions (mm)
20310	21	270g	130 x 95 x 70

Winter Sports

Designed to help in most snow based adventures.

Contents: Cohesive bandage, triangular bandage, low adherent dressing, medium dressings, pack of plasters, blister plasters, wound closure strips, gauze swabs, antiseptic wipes, primary care leaflet, zinc oxide tape, scissors, pack of safety pins, vinyl gloves, thermometer, thermal blanket, hand warmers, sun cream combi-stick, loc-top waterproof bag, paracetamol & ibuprofen (UK only).

Code	Items	Weight	Dimensions (mm)
20320	40	460g	180 x 130 x 85



Winter Sports Pro

Designed to be a base kit for any ski/snowboard trip.

Contents: Cohesive bandage, crepe bandages, woven bandage, triangular bandage, low adherent dressings, medium & small eye-pad dressings, pack of plasters, blister plasters, wound closure strips, gauze swabs, antiseptic wipes, primary care leaflet, zinc oxide tape, paramedic shears, pack of safety pins, vinyl gloves, glow stick, thermometer, resuscitation aid, thermal blanket, hand warmers, sun cream combi-stick, loc-top waterproof bag, Deep Heat 30g tube, paracetamol & ibuprofen (UK only).

Code	Items	Weight	Dimensions (mm)
20330	56	655g	190 x 140 x 95



Lightweight & Waterproof Kits

Light & Dry Kits

Combining super-lightweight fabrics with space-saving design, Light & Dry kits are ideal for activities requiring minimal gear. The kit components are stored within transparent waterproof inner bags, meaning everything is visible and easy to access in the toughest of conditions.

Additional Space

We realise that there may be extra medications or bandages you may want to add to your Lifesystems first aid kit. Whether it is an asthma inhaler, a thermal blanket or an insect repellent, all of our larger kits will accommodate additional items if necessary.



Light & Dry Nano

Includes essentials for most minor injuries. Contents are sealed within a Loc-Top waterproof bag.

Contents: Primary care leaflet, cohesive bandage, gauze swabs, adhesive dressing, pack of plasters, blister plaster, antiseptic wipes, zinc oxide tape, sun cream sachet, pack of safety pins.

Code	Items	Weight	Dimensions (mm)
20040	16	95g	130 x 120 x 35

Light & Dry Micro

Includes all essentials for minor injuries. Contents are sealed within a Loc-Top waterproof bag.

Contents: Primary care leaflet, cohesive bandage, pack of plasters, blister plasters, wound closure strips, gauze swabs, low adherent dressing, antiseptic wipes, zinc oxide & microporous tape, chlorine tablets, sun cream sachet, pack of safety pins, ibuprofen (UK only).

Code	Items	Weight	Dimensions (mm)
20010	32	135g	150 x 120 x 45

Light & Dry Pro

Designed for adventure races. Contents are sealed within a Loc-Top waterproof bag.

Contents: Primary care leaflet, cohesive bandage, low adherent dressings, pack of plasters, blister plasters, wound closure strips, gauze swabs, antiseptic cream & wipes, zinc oxide & microporous tape, chlorine tablets, sun cream sachets, pack of safety pins, vinyl gloves, ibuprofen (UK only).

Code	Items	Weight	Dimensions (mm)
20020	42	156g	160 x 140 x 50

Waterproof

A compact kit for most outdoor activities. Contents are stored within a quick-find organiser.

Contents: Primary care leaflet, low-adherent dressings, vinyl gloves, woven bandage, gauze swabs, fabric plasters, blister plasters, burn gel, micropore tape, crepe bandage, triangular bandage, medium dressing, fabric dressing strip, paracetamol (UK only), antiseptic wipes, thermometer, resuscitation aid, scissors, tweezers, safety pins.

Code	Items	Weight	Dimensions (mm)
2020	32	500g	295 x 165 x 85

Travel Kits

Most of our travel first aid kits are supplied with sterile equipment. Should you require any emergency medical treatment in areas where hygiene practices may not be as good as they are at home, this sterile equipment may be used by a medical professional to administer any medication or treatment that you may require.



Dental

Includes essentials for emergency dental repair.

Contents: Dental care leaflet, mirror, spatula, clove oil, cotton rolls, temporary filling cement, dental needle & syringe.

Code	Items	Weight	Dimensions (mm)
1000	10	95g	125 x 80 x 45



Mini Sterile

A compact sterile set to pass to a doctor if needed.

Contents: Primary care leaflet, sterile info card, vinyl gloves, antiseptic wipes, hypodermic needles, syringes, scalpel.

Code	Items	Weight	Dimensions (mm)
1015	14	90g	125 x 80 x 45



Sterile

A sterile set to pass to a doctor if needed.

Contents: Primary care leaflet, sterile info card, vinyl gloves, fabric plasters, micropore tape, wound closure strips, antiseptic wipes, hypodermic needles and syringes, scalpel, braided suture, I.V. cannula.

Code	Items	Weight	Dimensions (mm)
1010	29	185g	140 x 90 x 50



Sterile Pro

A comprehensive sterile set to pass to a doctor if needed.

Contents: Primary care leaflet, sterile info card, vinyl gloves, fabric plasters, micropore tape, wound closure strips, antiseptic wipes, hypodermic needles, syringes, scalpel, braided suture, I.V. cannula, I.V. dressing, transfusion Set.

Code	Items	Weight	Dimensions (mm)
24010	31	220g	180 x 90 x 50



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Traveller

Designed to cover common issues when travelling.

Contents: Primary care leaflet, low-adherent dressings, vinyl gloves, woven bandage, gauze swabs, fabric plasters, zinc oxide tape, micropore tape, crepe bandage, medium dressing, wound closure strips, paracetamol (UK only), loperamide tablets (UK only), antiseptic wipes, duct tape, thermometer, scissors, tweezers, safety pins.

Code	Items	Weight	Dimensions (mm)
1060	39	365g	170 x 120 x 60

QUICK
FIND
system



Solo Traveller

A quality travel kit which includes sterile items.

Contents: Primary care leaflet, sterile info card, low-adherent dressings, vinyl gloves, woven bandage, gauze swabs, fabric plasters, zinc oxide tape, micropore tape, crepe bandage, medium dressing, fabric dressing strip, wound closure strips, paracetamol (UK only), ibuprofen (UK only), loperamide tablets (UK only), antiseptic wipes, duct tape, thermometer, scissors, tweezers, safety pins, hypodermic needles and syringes, scalpel, braided suture, I.V. cannula.

Code	Items	Weight	Dimensions (mm)
1065	49	505g	190 x 140 x 90



Outdoor Survival

Thermal Protection

Our thermal protection range contains items considered by mountain rescue services to be essential in case of an emergency. Keeping warm, if you are unfortunate enough to have an accident, is essential. Lifesystems have developed a whole host of high quality thermal products that will help in such a situation.

Whistles & Fire

Emergency situations usually arise in the worst conditions and being able to signal for help in fog or cloud is essential for any person who loves the outdoors. Being prepared and having the right kit is the first step, but it is also important to know how to use it. In a survival situation your whistle choice could be the difference between being lost or found.

Torches

Lifesystems torches use LED technology, offering exceptional battery life and brightness. The torch bodies are precision machined from aluminium alloy and feature different functions such as the flashing mode and different power settings. Our head torches are based on the same technology and offer excellent hands-free lighting.



Thermal Protection



Thermal Blanket

A lightweight, compact blanket which, when wrapped around the body, reflects and retains over 80% of radiated body heat in the event of an accident or trauma, or when the weather suddenly turns cold.

- Strong, metallised polyester materials
- Windproof & waterproof
- Radar reflective

Code	Weight	Dimensions
42120	55g	Packed: 90 x 100 x 28 mm Unpacked: 210 x 140 cm



Thermal Bag

Total body coverage for maximum personal protection. When inside the bag, it reflects and retains over 90% of radiated body heat. An essential part of any outdoor survival kit.

- Strong, metallised polyester materials
- Windproof, waterproof & radar reflective
- Thermally welded & taped seams

Code	Weight	Dimensions
42130	180g	Packed: 90 x 140 x 38 mm Unpacked: 210 x 100 cm



Survival Bag

A durable and lightweight bag which offers protection from the elements in the event of an accident, trauma or exposed situation. It is also large enough to accommodate 2 people and can also be used to signal for attention.

- Heavy-duty polyethylene material
- Windproof, waterproof & lightweight

Code	Weight	Dimensions
2090	290g	Packed: 100 x 180 x 30 mm Unpacked: 105/75 x 210 cm



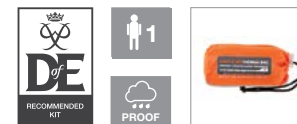
NEW

Light & Dry Bivi

A lightweight reusable bag that provides total body coverage. It reflects and retains over 90% of radiated body heat. Ideal for endurance racers or outdoor enthusiasts.

- Metalized Low Density Polyethylene with taped seams
- Windproof, waterproof and radar reflective
- Provided with a compact storage sack

Code	Weight	Dimensions
42150	100g	Packed: 70 x 60 x 60 mm Unpacked: 210 x 90 cm



Shelters

Survival Shelter 2

A lightweight survival shelter for 2 persons. Ideal as emergency protection from the elements.

- Tough PU coated fabric with a window & air-vent
- 5000mm hydrostatic head and fully taped seams
- Reflective top-strips and waterproof seating panels
- Integral stuff sack with draw-cord closure

Code	Weight	Dimensions
42311	345g	Packed: 200 x 100 x 100mm Unpacked: 140 x 90 x 45 cm



Survival Shelter 4

A lightweight survival shelter for 4 persons. Emergency protection from the elements - ideal for groups.

- Tough PU coated fabric with a window & 2 air-vents
- 5000mm hydrostatic head and fully taped seams
- Reflective top-strips and waterproof seating panels
- Integral stuff sack with draw-cord closure

Code	Weight	Dimensions
42321	510g	Packed: 220 x 120 x 120 mm Unpacked: 140 x 90 x 80 cm



Hand Warmers



Reusable Hand Warmers

Hand warmers offer instant heat on cold winter days. These hand warmers have the added benefit of being reusable with each activation lasting up to 90 minutes.

- Simple to activate and re-charge
- Click metal disc to activate
- Max temperature 54°C (130°F)
- Supplied as a twin pack
- Non toxic

Code	Items	Weight	Dimensions (mm)
42450	2	118g	90 x 90 x 15 (each)



Whistles



Survival Whistle

The Survival Whistle is a tough, lightweight plastic whistle that is capable of producing a 122dB sound. It is the most powerful whistle in the world.

- 122dB loudness
- Plastic body
- Neck lanyard and attachment clip

Code	Weight	Dimensions (mm)
2245	10g	28 x 53 x 22



Safety Whistle

A whistle is recommended as an essential item for people in the outdoors. A loud whistle for attracting the attention of persons in the outdoors. Lightweight, tough plastic body with neck lanyard.

- 108dB loudness
- Plastic body
- Neck lanyard and attachment clip

Code	Weight	Dimensions (mm)
2250	13g	21 x 72 x 19



Mountain Whistle

A whistle is recommended as an essential item for people in the outdoors. The Mountain Whistle is a tough, lightweight aluminium alloy whistle.

- 100dB loudness
- Anodised alloy body
- Key-ring attachment

Code	Weight	Dimensions (mm)
2240	11g	12 x 12 x 60



Mountain Lite Whistle

A whistle is recommended as an essential item for people in the outdoors. The Mountain Lite Whistle is a tough, lightweight polycarbonate whistle.

- 100dB loudness
- Polycarbonate body
- Key-ring attachment

Code	Weight	Dimensions (mm)
2255	5g	12 x 12 x 60

Fire



Windproof Matches

A simple but essential piece of kit for the outdoors. These matches will light quickly and perform in all weather conditions. Each match will provide a good sized flame and burn for up to 20 seconds.

- Robust water tight container that keeps contents dry
- 25 windproof and waterproof matches and three strike panels.
- Matches burn for up to 20 seconds.
- Extended match length for added safety

Code	Weight	Dimensions (mm)
42230	60g	75 x 36 x 36



Firestarter

This firestarter will generate a spark in all weather conditions. Use Wetfire tinder cubes to help start a fire.

- Magnesium alloy spark bar with stainless steel striker
- Produces a 2.900°C (5.400°F) degree spark
- Suitable for use in all weather conditions

Code	Type	Qty	Weight	Dimensions (mm)
42211	Firestarter	1	36g	Rod: 95 x 65 x 15 Striker: 65 x 20 x 10
42220	Wetfire Tinder Kit	8	5g (each)	30 x 25 x 25 (each)



What is a Lumen?

Luminous flux (lumen) is the most important term for characterising the performance of a torch. It refers to the amount of light or light energy that is actually radiated from a light source. It can be easily used to compare torches with the higher figure being brighter than a lower figure.

LED Technology

LED technology offers excellent levels of brightness and will never need replacing like a traditional incandescent bulb. LEDs are also extremely energy efficient, meaning that battery life can be up to 4x that of a conventional torch.

Multiple Lighting Modes

The Lifesystems range of torches and head torches feature multiple lighting modes. All our models feature either a quick-flashing or SOS-flashing mode in addition to high and low output level modes, making them extremely versatile.

Head Torches



Intensity 220 Head Torch

This 220 lumen light has multiple lighting modes and the beam can be focused depending on your requirements.

- Up to 220 lumens brightness
- High-power Luxeon XP-G2 Cree White LED
- 6 lighting modes: High, Medium, Low and Flashing. Red light on and Flashing
- Adjustable beam angle and sliding light diffuser
- Water resistant plastic body with adjustable head strap
- Red light on battery casing
- 3 x Alkaline 'AA' batteries included
- Up to 180 hours battery life

Code	Type	Weight	Dimensions (mm)
42055	Headlight:	189g (incl batteries)	35 x 82 x 40
	Battery pack:		53 x 76 x 34



Intensity 75 Head Torch

Ultra-lightweight, this head torch offers up to 75 lumens and multiple lighting modes and a generous battery life.

- Up to 75 lumens brightness
- High-power XP-G2 Cree White LED
- 6 lighting modes: High, Medium, Low. Red light on, flashing and SOS flashing
- Adjustable beam angle
- Water resistant plastic body with adjustable head strap
- Rechargeable Lithium-ion battery
- Power and charging indicators
- USB charger lead included
- Up to 18 hours battery life

Code	Weight	Dimensions (mm)
42045	42g	45 x 25 x 30



Glow



15h Glow Sticks

These Light Sticks are primarily designed as emergency signalling devices.

- 2 x 15 hour light sticks (foil wrapped)
- Lanyard included with each stick
- Hook and gate top for hanging or attaching
- Robust Polypropylene casing

Colour	Code	Weight	Dimensions (mm)
	42410	24g (each)	19 x 16 x 165

Torches & Strobes



Intensity 600

High-powered torch, perfect for mountain rescue teams needing to illuminate search areas. With a 600 lumen LED bulb and up to 15 hours battery life.

- Up to 600 Lumens brightness
- High-power XM-L2 Cree white LED
- 4 lighting modes: High, Medium, Low and Flashing
- Waterproof resistant
- 2 x Lithium 'CR123' batteries included
- Up to 15 hours battery life

Code	Weight	Dimensions (mm)
42060	168g (incl batteries)	136 x 32 x 32



Intensity 220

Ultralight 220 lumen torch with flashing SOS function. Using an unbreakable CREE LED bulb and long-life lithium batteries, this is the ultimate pocket torch.

- Up to 220 Lumens brightness
- High-power XR-E Cree white LED
- 3 lighting modes: High, Low and SOS Flashing
- 2 x Lithium 'CR123' batteries included
- Up to 38 hours battery life

Code	Weight	Dimensions (mm)
42020	85g (incl batteries)	114 x 23 x 23



Emergency Strobe

A lightweight LED strobe that emits high bursts of light which are visible up to one mile. When lost or injured at night or in poor weather conditions, a strobe is an essential visual aid so that emergency services are able to locate your position.

- High-powered LED with 1 Mile visible range
- 120 strobe flashes per minute
- Easy twist on/off operation
- Waterproof to 300 metres
- Impact resistant casing
- Adjustable strap included
- 2 x 1/2AA batteries included
- Up to 100 hours battery life

Code	Weight	Dimensions (mm)
42510	60g (incl batteries)	114 x 23 x 23



Glow Markers

Attach to anything you wish to locate easily in the dark. Containing photo-luminescent crystals, these markers absorb light and emit a luminous glow in the dark.

- Photo-luminescent technology
- Supplied with cable-ring attachment
- One 5 minute charge creates a glow for over 12 hours
- Has a rechargeable life of up to 10 years

Colour	Code	Weight	Dimensions (mm)
	42401	6g	14 x 6 x 50
	42405	6g	14 x 6 x 50
	42402	6g	14 x 6 x 50
	42403	6g	14 x 6 x 50

Water Purification

Chlorine

Chlorine is the most commonly used water disinfectant and works to kill most viruses and bacteria in water. As well as for treating drinking water, it can be used to disinfect water for cleaning teeth and for washing fruit and vegetables.

Chlorine Dioxide

Chlorine Dioxide is fast acting and effective against a wide spectrum of pathogens, killing viruses, bacteria and cysts including Giardia and Cryptosporidium. This solution leaves virtually no after taste.



Tablets



Chlorine Tablets

Widely used water disinfectant. Kills most viruses and bacteria in water. Treats up to 72 litres of water. As well as for treating drinking water, chlorine can be used to disinfect water for cleaning teeth and washing fruit and vegetables.

- Treats up to 72 litres of water
- Kills bacteria & viruses

Code	Weight	Dimensions (mm)
3120	52g	55 x 90 x 25



Chlorine Dioxide Tablets

Kills bacteria, viruses & cysts in water including Giardia and Cryptosporidium. Chlorine Dioxide is the safest and most effective form of chemical water disinfection and unlike Chlorine, has no noticeable after-taste.

- Treats up to 30 litres of water
- Kills bacteria, viruses & cysts
- No significant after-taste

Code	Weight	Dimensions (mm)
44020	40g	65 x 105 x 20

Droplets



Chlorine Dioxide Droplets

Kills bacteria, viruses & cysts in water including Giardia and Cryptosporidium. Chlorine Dioxide is the safest and most effective form of chemical water disinfection and unlike Chlorine, has no noticeable after-taste.

- Treats up to 60 litres of water
- Kills bacteria, viruses & cysts
- No significant after-taste

Code	Weight	Dimensions (mm)
44010	90g	55 x 80 x 30

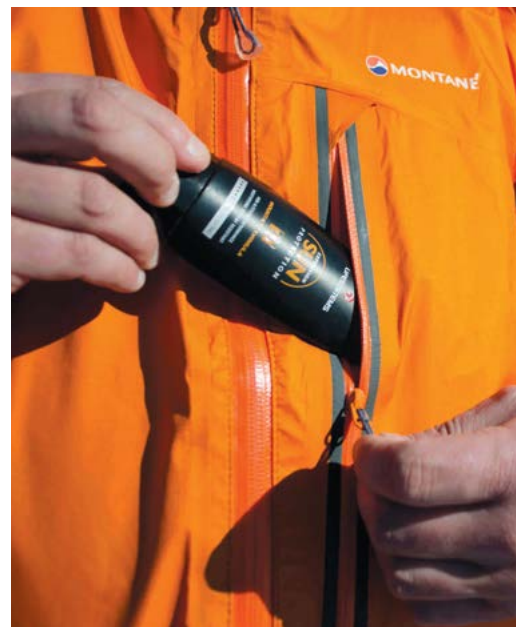
Endurance Sport Sun Protection

Endurance Sport offers advanced sun filter technology, the photostable, broad-spectrum UVA and UVB protection will last for up to 8 hours from a single application. Whether training or competing, this sweatproof and highly water resistant formula will continue to offer optimum levels of sun protection no matter how intense or how long you train. In addition to this Endurance Sport incorporates an effective jellyfish repellent to provide safer sea swimming.



Mountain Sun Protection

In the mountains, it is essential to protect exposed skin from the harmful rays of direct sunlight. Sunburn can occur very quickly at altitude. Our mountain sun screens contain highly effective broad spectrum UV filters that protect the skin from both UVA & UVB rays. The sweat-proof formula will last longer during high levels of activity and at altitude.





Endurance Sport Formula

This range of Endurance Sport sun cream is ideal for high activity use for long periods, in or out of the water.

- Broad spectrum, photo stable filters
- 5-Star UVA protection
- Very Water Resistant
- Sweat Resistant
- Anti-Jelly Fish technology
- Dermatologically tested

Code	Capacity	SPF	Weight	Dimensions (mm)
40020	10ml	20	16g	18 x 18 x 82
40310	50ml	50+	70g	20 x 20 x 120
40320	100ml	50+	117g	35 x 35 x 115



Mountain Formula

The range of Mountain Sun Creams are ideal for use at high altitude.

- Broad-spectrum, photo-stable filters
- 5-star UVA protection
- Sweat resistant
- Dermatologically tested

Code	Capacity	SPF	Weight	Dimensions (mm)
40040	20ml	50+	37g	23 x 23 x 112
40120	50ml	50+	70g	20 x 20 x 120
40130	100ml	50+	117g	35 x 35 x 115



Insect Repellents

Deet Repellents

In regions where biting insects like mosquitoes are common, there is a risk of contracting diseases such as malaria and Zika. Our Expedition Plus & Endurance range of repellents provide effective protection against biting insects in all environments. This DEET-based range has been designed to offer varying levels of protection for different environments and activities.



Deet-Free Repellents

Lifesystems provides a range of DEET-free insect repellents utilising both synthetic and natural active ingredients for use in areas with a low risk of insect-borne disease. This range of repellents offers protection for those with sensitive skin and are also ideal for use on children. We also offer some effective solutions for bite and sting relief.

Insecticides

When travelling and staying in hostels or hotels, electric insect killers are very effective at controlling unwanted creatures. Lifesystems provide a full range of killers including a unique battery powered version that is ideal for tents and dormitories. We also provide treatments for fabrics and mosquito nets which offer another layer of protection.



DEET Repellents



Endurance

Our longest lasting repellent is specially formulated with a unique time-release agent. This enables the DEET to evaporate at a slower rate, providing protection that lasts longer than standard repellents and with a lower concentration of DEET. Suitable for use on children over 2 years of age.

- 20% Micro-encapsulated DEET*
- Dual-action formula
- Up to 12 hours protection
- Durable aluminium bottle with pump spray top

Code	Capacity	Weight	Dimensions (mm)
34120	100ml	132g	40 x 40 x 138



Expedition 100+

A dual-action, high strength formula which combines the effective repellent action of DEET, to ward off insects, PLUS a bite inhibitor formulated using natural pyrethrins to stop insects which do land on your skin from biting. Formulated to provide maximum-level protection.

- 95% DEET - maximum level protection
- Dual-action formula
- Over 10 hours protection
- Durable aluminium bottle with pump-spray top

Code	Capacity	Weight	Dimensions (mm)
6260	100ml	132g	40 x 40 x 138
6250	50ml	76g	35 x 35 x 115



Expedition 50+

A dual-action formula which combines the effective repellent action of DEET to ward off insects, PLUS a bite inhibitor formulated using natural pyrethrins to stop insects which do land on your skin from biting.

- 50% DEET - high level protection
- Dual-action formula
- Up to 10 hours protection
- Durable bottles with choice of applicators

Code	Capacity	Weight	Dimensions (mm)
6310	100ml	132g	40 x 40 x 138
6300	50ml	76g	35 x 35 x 115
34130	25ml	35g	20 x 20 x 105



Midge & Mosquito

Expedition Midge & Mosquito contains myrtle oil and additional plant extracts to provide increased protection from smaller biting insects like midges.

- 50% DEET - high level protection
- Dual Action Formula
- Up to 8 hours protection
- Durable aluminium bottle
- Pump-spray top

Code	Capacity	Weight	Dimensions (mm)
6500	50ml	76g	35 x 35 x 115

Long Lasting

A micro-encapsulated formula with low DEET content and time-release technology.

Maximum Strength

Dual-action formula with 95% DEET and an effective bite inhibitor.

High Strength

Dual-action formula with 50% DEET and an effective bite inhibitor.

Midge Formula

Specially formulated for protection against midges and mosquitoes.

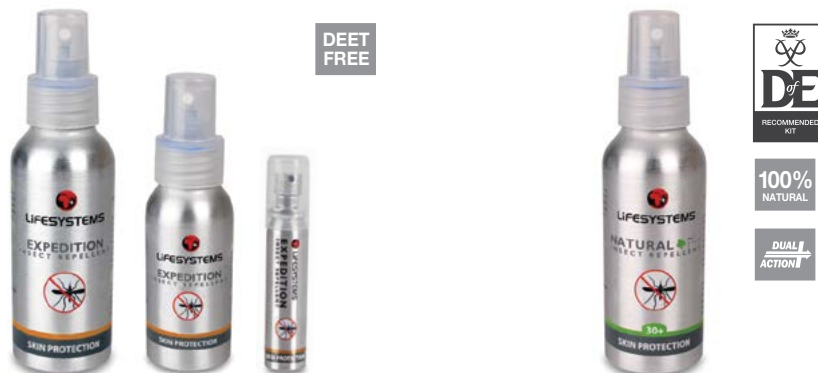
Deet-Free Repellents

Our range of DEET-free repellents come in various formulations, with a choice of natural or synthetic active ingredients. These repellents are ideal for use on children and in areas with a low risk of malaria.

Dual Action Formula

Our Expedition Plus repellents feature a dual action formula which combines natural pyrethrins with the effective repellent action of DEET. The DEET repels the insects whilst the pyrethrins act as a bite inhibitor, meaning that any insect that lands on the skin will be deterred from biting.

DEET-Free Repellents



Expedition Sensitive

The active ingredient Saltidin is proven by scientific research to repel mosquitoes, midges, horseflies, sand flies, gnats and ticks. Suitable for use on children over 2 years of age.

- Contains Saltidin - medium-high level protection
- DEET-free formula offers
- Up to 8 hours protection
- Durable aluminium bottle
- Pump-spray top

Code	Capacity	Weight	Dimensions (mm)
34330	100ml	132g	40 x 40 x 138
34320	50ml	76g	35 x 35 x 115
34310	25ml	35g	20 x 20 x 105

Natural 30+

Natural insect repellent is formulated from a blend of natural plant oils derived from Lemon Eucalyptus plant. The active ingredient Citrepeel®75 is proven to repel mosquitoes, midges, horseflies, sand flies, gnats and ticks. Suitable for use on children over 2 years of age.

- Contains Citrepeel®75 - medium level protection
- Dual-action formula
- Up to 8 hours protection
- Durable aluminium bottle
- Pump-spray top

Code	Capacity	Weight	Dimensions (mm)
6420	100ml	132g	40 x 40 x 138

High Strength Sensitive

A DEET-free repellent suitable for children over 2 years and use on sensitive skin.

Medium Strength

A natural repellent with an effective bite inhibitor. Suitable for children over 2 years.



Bite Relief



Bite & Sting Relief

Bite & Sting Relief uses a natural witch hazel extract to reduce the irritation from bites and stings. Cools and soothes the skin quickly and effectively. Suitable for children over 2 years.

Code	Capacity	Weight	Dimensions (mm)
34210	50ml	132g	40 x 40 x 138
34220	25ml	35g	20 x 20 x 105



Bite Relief Click

Instantly soothes the discomfort and itching of bites using a piezoelectric pulse to reduce irritation. Compact, lightweight plastic body.

Code	Weight	Dimensions (mm)
6540	8g	40 x 20 x 50

Bite Relief

A natural witch hazel solution spray which reduces irritation from insect bites and stings.

Bite Relief

A small piezoelectric pulse gives instant, reliable, reusable relief of irritation caused by bites.



Insecticides



x10

30m³

Mosquito Coils

An insecticide, effective against mosquitoes and other flying insects. Each coils provides up to 8 hours protection. Each pack contains 10 mosquito coils and 2 stands

- Treats 30m³ approx.
- Pack of 10 coils + 2 stands

Code	Weight	Dimensions (mm)
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7050	138g	120 x 120 x 30
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6
NIGHTS

30m³

Portable Killer Unit

A battery powered insect killer that can be used independently in large tents, huts and hotels where power is not available. Supplied with batteries and a cartridge, which is effective for 6 nights.

- Treats 30m³ approx.
- Accepts cartridge refills (7080) - available separately

Code	Weight	Dimensions (mm)
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7070	125g	70 x 38 x 70
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40
NIGHTS

30m³

Plug-in Killer Unit

Helps reduce the danger and annoyance of mosquito bites at night. Supplied with 40 tablets, which are each effective for 10 hours (approx.). Suitable for use worldwide when used in conjunction with a suitable travel adaptor.

- 220-230V AC (50-60Hz) operating voltage
- Treats 30m³ approx.
- Accepts both liquid refills (7040) or tablet refills (7010) - available separately

Code	Capacity	Weight	Dimensions (mm)
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35010	x40	85g	104 x 85 x 52
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40
NIGHTS

30m³

20
NIGHTS

30m³

30
NIGHTS

30m³

Killer Unit Refills

Helps reduce the danger and annoyance of insect bites at night. The liquid refill lasts for up to 40 nights. The tablet refill lasts for up to 20 nights. The cartridge refill lasts for up to 30 nights.

- Liquid, tablet and cartridge refills
- Treats 30m³ approx.

Code	Type	Pack Size	Weight	Dimensions (mm)
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7010	Tablet	x 20	0.05g	104 x 85 x 52
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7040	Liquid	35ml	45g	75 x 50 x 50
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7080	Cartridge	x 5	0.05g	65 x 35 x 5
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Treatments



EX8 AntiMosquito Net Treatment

Treatment lasts for up to 2 years. This 50ml liquid version of EX8 enables net retreatment.

- Treats one mosquito net

Code	Capacity	Weight	Dimensions (mm)
6344	50ml	65g	35 x 35 x 92



Tick Remover Card

A credit-card sized tick remover which will fit in your wallet. Lyme disease (transmitted via ticks) has become an increasing problem in Europe. Although preventative measures can be taken, occasionally ticks will attach themselves to you. Our Tick Removal Card has been designed to ensure that the whole tick is removed safely. It features a magnifying lens and two different sized removal tools for different sized ticks.

Code	Weight	Dimensions (mm)
34020	6g	85 x 54 x 1



3.5m²

EX4 AntiMosquito Fabric Treatment

A spray-on treatment for fabrics and textiles. Adds an effective layer of protection to the fibres which lasts for several washes. Ideal for use on clothing, tents, mosquito nets, blankets and sleeping bags. Treats 3.5 metres of fabric with each treatment lasting up to 2 weeks.

- Treats up to 3.5 square metres of fabric

Code	Capacity	Weight	Dimensions (mm)
6350	350ml	330g	85 x 85 x 210



Tick Tweezers

Ergonomically designed to efficiently remove ticks without leaving the head buried under the skin. Lyme disease (transmitted via ticks) has become an increasing problem in Europe. Although preventative measures can be taken, occasionally ticks will attach themselves to you. Our Tick Tweezers allow the whole tick to be removed safely. Made from high-quality stainless steel.

Code	Weight	Dimensions (mm)
6580	18g	120 x 10 x 10

Mosquito Nets

Travel Nets

Malaria causes more than 300 million acute illnesses and at least one million deaths every year. In countries where insect-borne diseases are common, a mosquito net is an important accessory. Our range of travel mosquito nets are incredibly tough and are treated with EX8 AntiMosquito that offer an additional barrier against biting insects.

Expedition Nets

Our expedition series of nets has been designed to be the most durable of our range and utilises very fine mesh netting with 1001 holes per square inch. These will protect you from almost any flying insect (including midges). These nets (excluding head nets) also have EX8 treatment.

Net Accessories

As well as offering a range of mosquito nets, we also have a range of accessories including hanging kits and treated bed-bug undersheets.



EX8 AntiMosquito Treatment

EX8 AntiMosquito is an insecticidal treatment that has been formulated specifically for retreatment of the Lifesystems mosquito nets. It works in the same way as a traditional treatment but its advantage is that it last for up to 2 years. Mosquito nets impregnated with EX8 offer an extra layer of protection against biting insects. All Lifesystems mosquito nets are treated with EX8. A re-treatment solution is also available separately.



Travel Nets



QUICK
HANG
system



QUICK
HANG
system



QUICK
HANG
system



Superlight MicroNet

A compact single wedge-shaped net with EX8 AntiMosquito long-life impregnation.

- White mesh netting - 156 holes per sq. inch
- Nylon skirting material with 4 lashing points
- Pre-attached hanging cord and hanging hooks included

Code	Weight	Dimensions
5003	180g	Packed: 160 x 80 x 80 mm
		Unpacked: 200 x 85 x 135 cm

MicroNet Single

A single wedge-shaped net with a spreader bar and EX8 AntiMosquito long-life impregnation.

- White mesh netting - 156 holes per sq. inch
- Nylon skirting material with 4 lashing points
- Pre-attached hanging cord and hanging hooks included

Code	Weight	Dimensions
5001	257g	Packed: 190 x 100 x 100 mm
		Unpacked: 210 x 100 x 160 cm

MicroNet Double

A double wedge-shaped net with a spreader bar and EX8 AntiMosquito long-life impregnation.

- White mesh netting - 156 holes per sq. inch
- Nylon skirting material with 4 lashing points
- Pre-attached hanging cord and hanging hooks included

Code	Weight	Dimensions
5006	379g	Packed: 210 x 100 x 100 mm
		Unpacked: 210 x 160 x 160 cm



BoxNet Single

A single box-shaped net with EX8 AntiMosquito long-life impregnation. Requires 4 hanging points.

- White mesh netting - 156 holes per sq. inch
- Nylon skirting material with 4 lashing points
- Hanging cord and hooks included

Code	Weight	Dimensions
5550	390g	Packed: 190 x 100 x 100 mm Unpacked: 210 x 100 x 150 cm



BoxNet Double

A double box-shaped net with EX8 AntiMosquito long-life impregnation. Requires 4 hanging points.

- White mesh netting - 156 holes per sq. inch
- Nylon skirting material with 4 lashing points
- Hanging cord and hooks included

Code	Weight	Dimensions
5560	476g	Packed: 210 x 100 x 100 mm Unpacked: 210 x 160 x 150 cm



BellNet Double

A double bell-shaped net with spreader bars and EX8 AntiMosquito long-life impregnation.

- White mesh netting - 156 holes per sq. inch with nylon skirting
- Pre-attached hanging cord and hanging hooks included

Code	Weight	Dimensions
5041	661g	Packed: 360 x 100 x 100 mm Unpacked: 245x 245 x 230 cm

Travel & Expedition Nets



BellNet King

A king-size bell-shaped net with spreader ring and EX8 AntiMosquito long-life impregnation.

- White mesh netting - 156 holes per sq. inch with nylon skirting
- Pre-attached hanging cord and hanging hooks included

Code	Weight	Dimensions
36050	814g	Packed: 250 x 250 x 90 mm
		Unpacked: 310 x 310 x 250 cm



Expedition GeoNet Single

A single Freestanding Mosquito Net with Lifesystems EX8 AntiMosquito long-life impregnation and fine mesh netting will keep out smaller insects as well as midges. It has a simple dome design to boost the amount of head room available and uses two lightweight collapsible aluminium poles allowing it to be assembled or put away in minutes.

- Freestanding dome-shaped net for 1 person
- Black mesh netting that offers protection from mosquitos and smaller insects including midges
- Built-in hardwearing and waterproof ground sheet
- Lightweight aluminium poles
- Internal pocket and attachment points

Code	Weight	Dimensions
36210	1.1kg	Packed: 350 x 100 x 100 mm
		Unpacked: 210 x 86.5 x 90 cm



Expedition SoloNet Single

A single wedge-shaped net with a spreader bar, EX8 AntiMosquito long-life impregnation. Fine mesh netting will keep out smaller insects including midges.

- Wedge shape mosquito net with built in ground sheet with zip side door for easy access.
- Black mesh netting that offers protection from mosquitos and smaller insects including midges
- Pre-attached hanging cord and hanging hooks included

Code	Weight	Dimensions
36020	720g	Packed: 260 x 100 x 100 mm
		Unpacked: 210 x 110 x 180 cm

Head Nets & Accessories



Midge/Mosquito Head Nets

A headnet and a pop-up brimmed hat with ultra-fine black mesh netting for protecting the head and neck from annoying flying insects when outdoors.

- Black mesh netting - 1001 holes per sq. inch
- Draw-cord closure at the neck

Code	Type	Weight	Diameter (cm)
5060	Head net	40g	33 x 46 (unpacked)
5065	Head net hat	100g	40 x 46 (unpacked)



BedBug Undersheets

A flat netting under sheet for use on suspect beds when travelling. Impregnated with EX8 AntiMosquito long-lasting impregnation for added protection.

- Designed to fit most single or double beds
- Black mesh netting - 1001 holes per sq. inch
- EX8 ANTIMOSQUITO long-lasting impregnation

Code	Type	Weight	Dimensions (cm)
5080	Single	100g	200 x 100 (unpacked)
36120	Double	220g	200 x 145 (unpacked)



Net Hanging Kit

A versatile hanging kit for all shapes and sizes of mosquito net.

- 1 x 12m Length of Nylon Cord
- 1 x Pack of Safety Pins
- 4 x Suction Hooks
- 4 x Screw-In Hooks
- 4 x Self-Adhesive Hooks (with instructions)
- 4 x Replacement Adhesive Pads

Code	Weight	Dimensions (mm)
5150	68g	70 x 110 x 35



Notes

Product Merchandising

Point of Sale Stands



SO030 3-Sided Stand



SO020 2-Sided Stand



SO010 Euro Stand



SO050 Satellite Stand

Headers



SO060
30 x 100 cm Header Panel



SO070
25 x 60 cm Header Panel

Counter-Top Stands



SO260 Combi-Stick Display Unit

Warranty & Returns

Lifemarque products are fully warranted to the original owner against defects in materials and workmanship for the lifetime of the product. If a product ever fails due to a manufacturing defect, even after extended use, we will replace it or any of its parts at our discretion. This warranty does not cover damage caused by accident, improper care, negligence, normal wear and tear, or the natural breakdown of materials over extended time and use. Damage not covered under warranty may be repaired through replacement of individual parts of a product for a reasonable rate and a fee will be charged for shipping.

All returns should be sent to the following address.

If you have any questions or need assistance, please contact customer.services@lifemarque.co.uk or call **0118 981 1433**.

Lifemarque Limited
Returns Department
2 The Old Brick Kiln Industrial Estate
Monk Sherborne Road
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Placing an Order

All orders should be sent to sales@lifemarque.co.uk
Please call **01189 811433** for further information.

Lifemarque Limited retains the right to change the specification of any product detailed within this catalogue without prior notice. Details correct at time of print.

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