

# 2025

WORKBOOK



**LIFESYSTEMS**



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# FREEDOM TO GO FURTHER

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 30 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.



# FIRST AID KITS

The iconic red cases are synonymous with Lifesystems first aid kits. Each pack incorporates the use of hard wearing ripstop fabrics and waterproof zips which provide that extra level of durability and protection. The smaller packs feature belt loop attachments and the larger versions have our excellent Quick-Find system to allow components to be located easily.

# OUTDOOR FIRST AID 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.

6  
ITEMS

NEW



20374

## BLISTER PLASTERS

Contents: 6 blister plasters.

EAN: 5 031863 203746  
DIMENSIONS: 69 x 44 mm (each)  
WEIGHT: 2 g (each)

9  
ITEMS



1003

## BLISTER KIT

Contents: Fabric plasters, 5 blister plasters, blister stick, 2 antiseptic wipes.

EAN: 5 031863 010030  
DIMENSIONS: 125 x 80 x 45 mm  
WEIGHT: 75 g

18  
ITEMS



1040

## POCKET

Contents: Primary care leaflet, low-adherent dressings, adherent dressing, woven bandage, fabric plasters, blister plasters, micropore tape, crepe bandage, nitrile gloves, antiseptic wipes, burn gel, scissors, tweezers, safety pins.

EAN: 5 031863 001045  
DIMENSIONS: 125 x 80 x 45 mm  
WEIGHT: 180 g

26  
ITEMS



1025

## TREK

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

EAN: 5 031863 010252  
DIMENSIONS: 140 x 110 x 50 mm  
WEIGHT: 241 g

26  
ITEMS

NEW



20340

## TREK - CAMO

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

EAN: 5 031863 010252  
DIMENSIONS: 140 x 110 x 50 mm  
WEIGHT: 241 g

29  
ITEMS

QUICK FIND system



1030

## ADVENTURER

Contents: Primary care leaflet, low-adherent dressing, nitrile 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.

EAN: 5 031863 010306  
DIMENSIONS: 150 x 130 x 80 mm  
WEIGHT: 330 g

# OUTDOOR FIRST AID KITS

Our larger kits have more components and a quick-find system to make treatment faster.



1035

## EXPLORER

Contents: Primary care leaflet, low-adherent dressings, nitrile 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.

EAN: 5 031863 010351  
DIMENSIONS: 170 x 130 x 60 mm  
WEIGHT: 395 g



20210

## CAMPING

Contents: Primary care leaflet, low-adherent dressings, nitrile 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.

EAN: 5 031863 202107  
DIMENSIONS: 170 x 130 x 60 mm  
WEIGHT: 452 g



1045

## MOUNTAIN

Contents: Primary care leaflet, low-adherent dressings, nitrile 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, thermal blanket.

EAN: 5 031863 010450  
DIMENSIONS: 200 x 140 x 90 mm  
WEIGHT: 700 g



1050

## MOUNTAIN LEADER

Contents: Primary care leaflet, low-adherent dressings, nitrile 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, thermal blanket.

EAN: 5 031863 010504  
DIMENSIONS: 230 x 180 x 100 mm  
WEIGHT: 930 g



1055

## MOUNTAIN LEADER PRO

Contents: Primary care leaflet, dental care leaflet, sterile info card, low-adherent dressings, nitrile 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, synthetic suture, dental mirror, spatula, clove oil (UK only), cotton rolls, filling cement, thermal blanket.

EAN: 5 031863 010559  
DIMENSIONS: 290 x 190 x 110 mm  
WEIGHT: 1130 g



2350

## FIRST AID CASE

An empty first aid case which can be used to create a fully customised kit to meet your specific requirements. Features zip closure and several internal clear pockets.

EAN: 5 031863 023504  
DIMENSIONS: 210 x 160 x 60 mm  
WEIGHT: 140 g

# TRAVEL FIRST AID KITS

World travel can take you to remote places which lack basic emergency first aid equipment. Doctors recommend that you take sterile equipment, a well equipped first aid kit and any medication you require.

14  
ITEMS



1015

## MINI STERILE

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

EAN: 5 031863 010153  
DIMENSIONS: 125 x 80 x 45 mm  
WEIGHT: 90 g

29  
ITEMS



1010

## STERILE

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

EAN: 5 031863 001014  
DIMENSIONS: 140 x 90 x 50 mm  
WEIGHT: 185 g

31  
ITEMS



24010

## STERILE PRO

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

EAN: 5 031863 240109  
DIMENSIONS: 180 x 90 x 50 mm  
WEIGHT: 220 g



39  
ITEMS

QUICK  
FIND  
system



1060

## TRAVELLER

Contents: Primary care leaflet, low-adherent dressings, nitrile 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.

EAN: 5 031863 010603  
DIMENSIONS: 170 x 120 x 60 mm  
WEIGHT: 365 g

49  
ITEMS

QUICK  
FIND  
system



1065

## SOLO TRAVELLER

Contents: Primary care leaflet, sterile info card, low-adherent dressings, nitrile 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, synthetic suture, I.V. cannula.

EAN: 5 031863 010658  
DIMENSIONS: 190 x 140 x 90 mm  
WEIGHT: 505 g

# BIKE FIRST AID KITS

20  
ITEMS

QUICK  
FIND  
system

NEW



20060

## BIKE

Contents: Primary care leaflet, cohesive bandage, triangular bandage, 5 x 5cm low adherent dressing, small eyepad dressing, adherent dressing (16 x 8cm), pack of plasters, blister plaster, 3 x wound closure strips, 2 x cleansing wipes, zinc oxide tape (2m), sun cream sachet, flexi-finger splint, tweezers, whistle, pair of nitrile gloves, sterile eye wash (20ml).

EAN: 5 031863 200608  
DIMENSIONS: 150 x 100 x 85 mm  
WEIGHT: 225 g

29  
ITEMS

QUICK  
FIND  
system

NEW



20061

## BIKE LEADER

Contents: Primary care leaflet, cohesive bandage, triangular bandage, 2 x low adherent dressings (10 x 10cm), medium dressing (12 x 12cm), small eyepad dressing, 2 x adherent dressings (16 x 8cm), pack of plasters, 2 x blister plasters, 3 x wound closure strips, 4 x cleansing wipes, zinc oxide tape (2m), sun cream sachet, flexi-finger splint, resuscitation aid, tweezers, whistle, 2 pairs of nitrile gloves, thermal blanket, sterile eye wash (20ml).

EAN: 5 031863 200615  
DIMENSIONS: 150 x 100 x 100 mm  
WEIGHT: 350 g



# LIGHT & DRY FIRST AID KITS

16  
ITEMS

OMM  
RECOMMENDED



20040

## LIGHT & DRY NANO

Contents: Primary care leaflet, cohesive bandage, gauze swabs, adherent dressing, pack of plasters, blister plaster, antiseptic wipes, zinc oxide tape, sun cream sachet, pack of safety pins, Loc-Top waterproof bag.

EAN: 5 031863 200400  
DIMENSIONS: 130 x 120 x 35 mm  
WEIGHT: 95 g

32  
ITEMS



20010

## LIGHT & DRY MICRO

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

EAN: 5 031863 200103  
DIMENSIONS: 150 x 120 x 45 mm  
WEIGHT: 135 g

42  
ITEMS



20020

## LIGHT & DRY PRO

Contents: Primary care leaflet, cohesive bandage, adherent dressings, pack of plasters, blister plasters, wound closure strips, gauze swabs, antiseptic wipes, zinc oxide & micropore tape, chlorine tablets, sun cream sachets, pack of safety pins, nitrile gloves, ibuprofen (UK only), Loc-Top waterproof bag.

EAN: 5 031863 200202  
DIMENSIONS: 160 x 140 x 50 mm  
WEIGHT: 156 g





## REFILLS

25  
ITEMS



27010

### DRESSINGS REFILL

Contents: Low-adherent dressings, nitrile gloves, gauze swabs, fabric plasters, blister plasters, micropore tape, fabric dressing strip, wound closure strips, antiseptic wipes.

EAN: 5 031863 270106  
DIMENSIONS: 200 x 125 x 50 mm  
WEIGHT: 111 g

## WATERPROOF FIRST AID KITS

18  
ITEMS



20050

### MINI WATERPROOF

Contents: Primary care leaflet, low adherent dressing, sterile adherent dressing, pack of assorted plasters, blister plasters, woven bandage, crepe bandage, microporous tape, safety pins, pair of nitrile gloves, hygienic cleansing wipes, resuscitation aid, scissors, tweezers, Loc-Top waterproof bag.

EAN: 5 031863 200509  
DIMENSIONS: 260 x 115 x 80 mm  
WEIGHT: 242 g

32  
ITEMS

QUICK  
FIND  
system



2020

### WATERPROOF

Contents: Primary care leaflet, low-adherent dressings, nitrile 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.

EAN: 5 031863 020206  
DIMENSIONS: 295 x 165 x 85 mm  
WEIGHT: 500 g

0  
ITEMS



27120

### FIRST AID DRY BAG

An empty dry bag to protect your first aid kit in wet conditions. Features fully taped seams, hanging loop and a strap on the base. Roll-top closure with ultralight buckle and 2 litres capacity.

EAN: 5 031863 271202  
DIMENSIONS: 330 x 180 x 128 mm  
WEIGHT: 50 g



# OUTDOOR SURVIVAL

When it comes to adventurous trips, emergency situations usually arise in the worst conditions and that is when having equipment for outdoor survival is important. Being prepared for all situations and ensuring you have the right kit is the first step for any person who loves the outdoors.

# FIRE & SURVIVAL

Emergency situations usually arise in the worst conditions and being able to signal for help in fog or cloud is important for any person who loves the outdoors. Being prepared and having the right kit is essential.



2240

## MOUNTAIN WHISTLE

- 108dB loudness
- High pitch single tone
- Anodised alloy body
- Key-ring attachment

EAN: 5 031863 002240  
DIMENSIONS: 12 x 12 x 60 mm  
WEIGHT: 11 g



42610

## ECHO WHISTLE

- 108dB loudness
- High pitch single tone
- Floats on water
- Key-ring and attachment clip

EAN: 5 031863 426107  
DIMENSIONS: 13 x 12 x 63 mm  
WEIGHT: 12 g



2250

## SAFETY WHISTLE

- 116dB loudness
- Duo-tone sound
- Floats on water
- Neck lanyard and attachment clip

EAN: 5 031863 022507  
DIMENSIONS: 21 x 19 x 72 mm  
WEIGHT: 13 g



42620

## HURRICANE WHISTLE

- 122dB loudness
- Tri-tone sound
- Floats on water
- Neck lanyard and attachment clip

EAN: 5 031863 426206  
DIMENSIONS: 13 x 23 x 63 mm  
WEIGHT: 15 g



42250

## PLASMA LIGHTER

- Windproof plasma arc beam
- Push-button ignition
- Telescopic design
- Rechargeable (cable included)

EAN: 5 031863 422505  
DIMENSIONS: 94 x 34 x 15 mm  
WEIGHT: 118 g



42216

## FIRE STARTER

- Ferrocium spark rod
- Stainless steel striker
- 3500 strikes
- Works in all conditions & altitudes

EAN: 5 031863 422161  
DIMENSIONS: 13 x 22 x 80 mm  
WEIGHT: 36 g



42215

## XL FIRE STARTER

- Large ferrocium spark rod
- Stainless steel striker
- 10,000 strikes
- Works in all conditions & altitudes

EAN: 5 031863 422154  
DIMENSIONS: 18 x 28 x 103 mm  
WEIGHT: 58 g



42214

## DUAL-ACTION FIRE STARTER

- Ferrocium spark rod
- Integrated stainless steel striker
- Magnesium tinder rod
- 8000 strikes

EAN: 5 031863 422147  
DIMENSIONS: 86 x 27 x 24 mm  
WEIGHT: 65 g



42230

## STORMPROOF MATCHES

- Watertight container with strikers
- 25 wind & waterproof matches
- Extra long match length (65mm)
- 20 seconds burn time

EAN: 5 031863 422307  
DIMENSIONS: 80 x 38 x 38 mm  
WEIGHT: 60 g



42235

## MATCH REFILL PACK

- 15 matches with strikers
- Windproof & waterproof
- Extra long match length (65mm)
- 20 seconds burn time

EAN: 5 031863 422352  
DIMENSIONS: 67 x 75 x 5mm  
WEIGHT: 15 g



42530

## PARACORD

- 4mm 7-strand nylon paracord
- Ideal for many survival tasks
- 550lbs/250kg tensile strength
- Reflective flecks

EAN: 5 031863 425308  
LENGTH: 33 metres  
WEIGHT: 220 g



42631

## COMPASS

- Durable, accurate & easy to read
- Magnifier & luminous markings
- Clear 1:25k & 1:50k cm scales
- Detachable lanyard

EAN: 5 031863 426312  
DIMENSIONS: 115 x 55 x 3mm  
WEIGHT: 37 g

# 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.



2090

## SURVIVAL BAG

- Whole body coverage
- SOS printed-instructions
- Heavy duty polyethylene with welded seams
- Lightweight, flexible, compact & strong
- Highly visible, windproof & waterproof

EAN: 5 031863 020909  
DIMENSIONS: 210 x 105 cm  
WEIGHT: 290 g



42120

## THERMAL BLANKET

- Heat reflective metallised polyester
- Lightweight, flexible, compact & strong
- Highly visible & radar reflective
- Windproof & waterproof

EAN: 5 031863 421201  
DIMENSIONS: 210 x 140 cm  
WEIGHT: 55 g



42130

## THERMAL BAG

- Whole body coverage with taped seams
- Heat reflective metallised polyester
- Lightweight, flexible, compact & strong
- Highly visible & radar reflective
- Windproof & waterproof

EAN: 5 031863 421300  
DIMENSIONS: 220 x 100 cm  
WEIGHT: 180 g

# REUSABLE THERMAL PROTECTION



42160

## HEATSHIELD BLANKET

- Heat reflective
- Metallised low-density polyethylene
- Reusable & tear-resistant material
- Highly visible & radar reflective
- Printed emergency survival information
- Windproof & waterproof

EAN: 5 031863 421607  
DIMENSIONS: 210 x 150 cm  
WEIGHT: 84 g



42170

## HEATSHIELD DOUBLE BLANKET

- Heat reflective - sized to fit two people
- Metallised low-density polyethylene
- Reusable & tear-resistant material
- Highly visible & radar reflective
- Printed emergency survival information
- Windproof & waterproof

EAN: 5 031863 421706  
DIMENSIONS: 250 x 150 cm  
WEIGHT: 98 g



42150

## HEATSHIELD BAG

- Heat visible, reflective, windproof, waterproof
- Radar reflective metallised polyethylene
- Reusable & tear-resistant material
- Whole body coverage with taped seams
- Printed emergency survival information
- Storage bag included (70 x 60 x 60mm packed size)

EAN: 5 031863 421508  
DIMENSIONS: 210 x 90 cm  
WEIGHT: 104 g

# SURVIVAL SHELTERS

Survival shelters are used by mountain rescue teams, outdoor centres, hiking clubs and youth groups.

## SURVIVAL SHELTERS

- Tough PU coated fabric with taped seams
- 5000mm hydrostatic head
- Waterproof seat panels + air-vent + window
- Reflective strips for increased visibility
- Integral stuff sack



42311

### SHELTER 2

EAN: 5 031863 423113  
DIMENSIONS: 140 x 90 x 45 cm  
WEIGHT: 345 g



42321

### SHELTER 4

EAN: 5 031863 423212  
DIMENSIONS: 140 x 80 x 90 cm  
WEIGHT: 510 g

## ULTRALIGHT SURVIVAL SHELTERS

- Ultra-lightweight 20D siliconised fabric
- 3000mm hydrostatic head
- Waterproof seating panels + air-vent
- Reflective strips for increased visibility
- Integral stuff sack



42330

### ULTRALIGHT SHELTER 2

EAN: 5 031863 423304  
DIMENSIONS: 140 x 90 x 45 cm  
WEIGHT: 180 g



42331

### ULTRALIGHT SHELTER 4

EAN: 5 031863 423311  
DIMENSIONS: 140 x 80 x 90 cm  
WEIGHT: 300 g

# BIVI BAGS

Bivis have become increasingly popular as emergency shelters or more often, incredibly light overnight shelter. Lifesystems bivis are highly waterproof and breathable and offer a little more space than many alternatives.



## VENTURE LITE BIVI

- Spacious design fits 1 person & most sleep systems
- 70D ripstop nylon fabrics with PU coating and taped seams
- 11,000mm hydrostatic head & MVTR:15,000g/m<sup>2</sup>/24hr (top)
- Zipped hood entry with rain flap and mesh panels to aid airflow
- Anchor points + stake loops + stuff sack

42332

### VENTURE LITE

EAN: 5 031863 423328  
DIMENSIONS: 250 x 62-95 cm  
PACKED DIMENSIONS: 21 x 9.5 x 9.5 cm  
WEIGHT: 550 g



## VENTURE SOLO HOOPED BIVI

- Spacious design fits 1 person
- 70D ripstop nylon fabrics with PU coating and taped seams
- 11,000mm hydrostatic head & MVTR:15,000g/m<sup>2</sup>/24hr (top)
- Freestanding hoop design with zipped bug-screen also aids ventilation
- Anchor points + stake loops + stuff sack

42333

### VENTURE SOLO

EAN: 5 031863 423335  
DIMENSIONS: 225 x 50-68 x 50 cm  
PACKED DIMENSIONS: 29 x 10 x 10 cm  
WEIGHT: 680 g

42336

### VENTURE SOLO XL

EAN: 5 031863 423366  
DIMENSIONS: 260 x 50-80 x 50 cm  
PACKED DIMENSIONS: 33 x 10 x 10 cm  
WEIGHT: 796 g

NEW

# TORCHES & LIGHTING

Lifesystems torches and head torches use the latest LED technology, offering exceptional battery life and brightness.



42015

## INTENSITY 155 HEAD TORCH

- Up to 155 lumens brightness
- 17-62 metres adjustable beam
- CREE XPG3 S2 white LED + 2 x 5mm red LEDs
- 7 lighting modes including SOS flashing
- IPX6 water resistant body
- 1 x AA alkaline battery (included)
- Up to 35 hours battery life

EAN: 5 031863 420150  
DIMENSIONS: 62 x 38 x 28 mm  
WEIGHT: 72 g



42076

## INTENSITY 300 HEAD TORCH

- Up to 300 lumens brightness
- 10-65 metres adjustable beam
- CREE white LEDs & 5mm red LEDs
- 6 lighting modes including SOS flashing
- IPX6 water resistant body
- Rechargeable Li-ion battery (included)
- Up to 38 hours battery life

EAN: 5 031863 420761  
DIMENSIONS: 56 x 42 x 38 mm  
WEIGHT: 95 g



NEW



42077

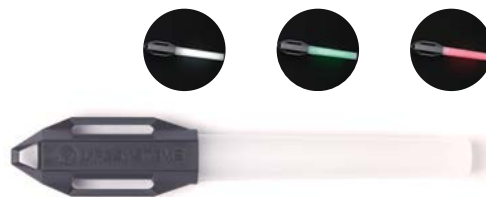
## INTENSITY 580 HEAD TORCH

- Up to 580 lumens brightness
- Adjustable beam
- CREE white LEDs & 5mm red LEDs
- 5 lighting modes including flashing
- IPX4 water resistant body
- Rechargeable Li-ion battery (included)
- Up to 8 hours battery life

EAN: 5 031863 420778  
DIMENSIONS: 65 x 45 x 50 mm  
WEIGHT: 102 g



NEW



42407

## INTENSITY MARKER

- 20 lumens brightness
- 3 colour illumination: white, green, red
- IPX6 water resistant body
- Required 1 x AAA battery (included)
- Up to 10 hours battery life
- Velcro strap with karabiner

EAN: 5 031863 424073  
DIMENSIONS: 150 x 26 x 19 mm  
WEIGHT: 35 g



## GLOW MARKER

- Photo-luminescent marker
- Cable-ring attachment
- 5 minute charge - glows for 12hrs
- Rechargeable for up to 10 years

DIMENSIONS: 14 x 6 x 50 mm  
WEIGHT: 6 g

42401

ORANGE  
EAN: 5 031863 424011

42402

BLUE  
EAN: 5 031863 424028

42405

GREEN  
EAN: 5 031863 424059



## GLOW STICKS

- Pack of 2 - individually foil wrapped
- Hook and gate top clip + lanyard included

DIMENSIONS: 19 x 16 x 165 mm  
WEIGHT: 24 g (each)

42420

2 x WHITE (8H)  
EAN: 5 031863 424202

42410

GREEN/ORANGE (15H)  
EAN: 5 031863 424103





42065

### INTENSITY 480 TORCH

- Up to 480 lumens brightness
- 35-150 metres adjustable beam
- High-power Nichia white LED
- 5 lighting modes including flashing
- IPX6 water resistant aluminium body
- 2 x AA 1.5V alkaline batteries (included)
- Up to 35 hours battery life

EAN: 5 031863 420655  
 DIMENSIONS: 158 x 29 x 29 mm  
 WEIGHT: 150 g



42061

### INTENSITY 545 TORCH

- Up to 545 lumens brightness
- 45-200 metres adjustable beam
- High-power Nichia white LED
- 5 lighting modes including flashing
- Water resistant aluminium body
- Rechargeable Li-ion battery (included)
- Up to 16 hours battery life

EAN: 5 031863 420617  
 DIMENSIONS: 133 x 29 x 29 mm  
 WEIGHT: 113 g

## HAND WARMERS

Lifesystems offer a range of hand warmers ideal for any situation.

42463

### AIR-ACTIVATED HAND WARMERS

- Ready to use and non-toxic
- Quick warm-up time
- Safe and odourless
- 12 hours of heat
- Twin pack

EAN: 5 031863 424639  
 DIMENSIONS: 90 x 55 mm (each)  
 WEIGHT: 34 g (each)



42450

### REUSABLE HAND WARMERS

- Simple to use and non-toxic
- Easy click-to-activate
- Boil to recharge
- Max temperature 54°C (130°F)
- Twin pack

EAN: 5 031863 424509  
 DIMENSIONS: 90 x 90 x 15 mm  
 WEIGHT: 118 g



42460

### RECHARGEABLE HAND WARMER

- Dual heat plates for 360 degree heat
- Easy to operate - 4 heat settings
- Heats up in 10 seconds
- Provides 3-6 hours heat
- 5200mAh battery capacity
- Power bank function
- USB rechargeable

EAN: 5 031863 424608  
 DIMENSIONS: 58 x 104 x 28 mm  
 WEIGHT: 141 g



42462

### DUAL-PALM HAND WARMERS

- Dual magnetic hand warmers
- Easy to operate - 4 heat settings
- Heats up in 10 seconds
- Provides 3-9 hours heat
- 2 x 5000mAh battery capacity
- Power bank function
- USB rechargeable

EAN: 5 031863 424622  
 DIMENSIONS: 65 x 108 x 20 mm (each)  
 WEIGHT: 138 g



# WATER FILTER + PURIFIER BOTTLE

The new Lifesystems Expedition Water Filter + Purifier Bottle is a groundbreaking solution designed specifically for travellers, ensuring access to safe drinking water anytime, anywhere. This innovative filtration system incorporates Disruptor® Fast Flow technology, representing a significant leap in extreme water purification.



**REMOVES**  
viruses, bacteria  
& protozoa



**FILTERS**  
particulates, chemicals  
& heavy metals



**TREATS**  
up to 600 litres with  
long-lasting filter



**FAST FLOW**  
filters the water  
as you drink



**BPA-FREE**  
durable and  
easy to clean

**NEW**

44030

## WATER FILTER + PURIFIER BOTTLE

- Removes 99.9999% bacteria
- Removes 99.99% viruses and 99.9% protozoa
- Filters particulates, chemicals & heavy metals
- Improves taste, smell and clarity
- Features a non-woven ceramic fibre filter cartridge
- Each cartridge treats up to 600 Litres
- 1000ml capacity bottle with screw-top lid
- BPA-free and easy to clean

EAN: 5 031863 440301  
DIMENSIONS: 90 x 120 x 260 mm  
WEIGHT: 255 g

**NEW**



44031

## FILTER + PURIFIER CARTRIDGE

EAN: 5 031863 440318  
DIMENSIONS: 25 x 25 x 192 mm  
WEIGHT: 26 g

# CHEMICAL WATER TREATMENT

Explorers, expeditions and travellers will almost inevitably be drawn to areas where levels of technology and hygiene are not the same as they are at home. Water supplies may contain bacteria, parasitic cysts and viruses. This can lead to stomach upsets, subsequent dehydration and other illness. Lifesystems chemical water treatments offer a simple, effective solution to this problem.



## CHLORINE TABLETS

- Kills bacteria & viruses
- For purifying water
- Treats up to 60 litres of water

DIMENSIONS: 48 x 72 x 20 mm  
WEIGHT: 11 g

3120

60 TABLETS  
EAN: 5 031863 003124



## CHLORINE DIOXIDE TABLETS

- Kills bacteria, viruses & cysts
- No significant after-taste
- Tablets treat up to 30 litres

DIMENSIONS: 52 x 90 x 12 mm  
WEIGHT: 8 g

44020

30 TABLETS  
5 031863 440202



## CHLORINE DIOXIDE DROPLETS

- Kills bacteria, viruses & cysts
- No significant after-taste
- Droplets treat up to 60 litres

DIMENSIONS: 52 x 90 x 12 mm  
WEIGHT: 8 g

44010

60ML DROPLETS  
EAN: 5 031863 440103







# SUN CREAMS

High performance sun creams designed for the toughest adventures.



**40131**

**100ML**  
EAN: 5 031863 401319  
CDU BOX + 8 UNITS



**40121**

**50ML**  
EAN: 5 031863 401210  
CDU BOX + 8 UNITS



**40040**

**20ML COMBI**  
EAN: 5 031863 400404



**40020**

**4.8G SUN STICK**  
EAN: 5 031863 400206  
CDU BOX + 8 UNITS

## MOUNTAIN SUN CREAM

- 8 hour protection
- SPF 50+ & 5-star UVA (Sun Stick SPF30)
- Broad-spectrum, photostable filters
- Sweat resistant & moisturising
- High-altitude performance

WEIGHTS: 117 g (100ml), 70 g (50ml),  
37 g (20ml), 16 g (Sun Stick)



**SUPPLIED IN  
CDU BOX ONLY**  
(Except Combi Stick)



# REPELLENTS & NETS

Our insect repellents provide effective protection against mosquitoes and other biting insects in all environments. Our range is for those looking to avoid or soothe insect bites and even for those who need to remove ticks. With both DEET and DEET free repellents, Lifesystems is able to cater for all situations.

# DEET REPELLENTS



**33010**

**100ML**  
EAN:  
5 031863 330107



**33050**

**50ML**  
EAN:  
5 031863 330503

## EXPEDITION MAX

An advanced mosquito repellent with our DermaLOC technology which locks DEET on the surface of the skin. Offering up to 9 hours protection per application, it can be applied multiple times to provide 24 hour protection.

100ML: ø40 x 138 mm | WEIGHT: 132 g  
50ML: ø35 x 115 mm | WEIGHT: 76 g  
25ML: ø20 x 105 mm | WEIGHT: 35 g



**33011**

**100ML**  
EAN:  
5 031863 330114



**33051**

**50ML**  
EAN:  
5 031863 330510

## EXPEDITION 50 PRO

A dual-action mosquito repellent which provides up to 7 hours protection per application. It can be applied multiple times to provide 14h total daily protection and is suitable for children age 6+.

100ML: ø40 x 138 mm | WEIGHT: 132 g  
50ML: ø35 x 115 mm | WEIGHT: 76 g  
25ML: ø20 x 105 mm | WEIGHT: 35 g



# DEET-FREE REPELLENTS



**34330**

**100ML**  
EAN:  
5 031863 343305



**34320**

**50ML**  
EAN:  
5 031863 343206

## EXPEDITION SENSITIVE

The active ingredient Saltidin® is proven by scientific research to effectively repel mosquitoes, midges, and ticks. Suitable for children age 2 years and over.

100ML: ø40 x 138 mm | WEIGHT: 132 g  
50ML: ø35 x 115 mm | WEIGHT: 76 g  
25ML: ø20 x 105 mm | WEIGHT: 35 g



**34430**

**100ML**  
EAN:  
5 031863 344302

## EXPEDITION NATURAL

Formulated from a blend of natural plant oils. Provides up to 8 hours protection.



**34420**

**100ML MIDGE**  
EAN:  
5 031863 344203



**34040**

**25ML TICK**  
EAN:  
5 031863 340403

## EXPEDITION MIDGE & TICK

Saltidin® based formula for targeted protection from midges for up to 8 hours or ticks for up to 10 hours.



# TRAVEL BED NETS

We offer a selection of nets to ensure you can put your net up and stay bite-free, no matter where in the world you are.



5003

## SUPERLIGHT MICRONET - SINGLE

- Compact single wedge-shaped net
- EX8 AntiMosquito long-life impregnation
- White mesh netting - 156 holes per sq. inch
- Nylon skirting material with 4 lashing points
- Quick-Hang system allows easy adjustment and repositioning of the net
- Pre-attached hanging cord
- Hanging hooks included

EAN: 5 031863 050036

DIMENSIONS: 2100 x 1000 x 1400 mm

PACKED DIMENSIONS: 160 x 80 x 80 mm

WEIGHT: 190 g



5001

## MICRONET - SINGLE

- Single wedge-shaped net with spreader bar
- EX8 AntiMosquito long-life impregnation
- White mesh netting - 156 holes per sq. inch
- Nylon skirting material with 4 lashing points
- Quick-Hang system allows easy adjustment and repositioning of the net
- Pre-attached hanging cord
- Hanging hooks included

EAN: 5 031863 050012

DIMENSIONS: 2100 x 1000 x 1600 mm

PACKED DIMENSIONS: 190 x 100 x 100 mm

WEIGHT: 257 g



5006

## MICRONET - DOUBLE

- Double wedge-shaped net with spreader bar
- EX8 AntiMosquito long-life impregnation
- White mesh netting - 156 holes per sq. inch
- Nylon skirting material with 4 lashing points
- Quick-Hang system allows easy adjustment and repositioning of the net
- Pre-attached hanging cord
- Hanging hooks included

EAN: 5 031863 050067

DIMENSIONS: 2100 x 1600 x 1600 mm

PACKED DIMENSIONS: 210 x 100 x 100 mm

WEIGHT: 379 g



5550

## BOXNET - SINGLE

- Single box-shaped net
- 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

EAN: 5 031863 055505

DIMENSIONS: 2100 x 1000 x 1500 mm

PACKED DIMENSIONS: 190 x 100 x 100 mm

WEIGHT: 390 g



5560

## BOXNET - DOUBLE

- Double box-shaped net
- 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

EAN: 5 031863 055604

DIMENSIONS: 2100 x 1600 x 1500 mm

PACKED DIMENSIONS: 210 x 100 x 100 mm

WEIGHT: 476 g





37000

**MICRONET - UNTREATED SINGLE**

- Single wedge-shaped net with spreader bar
- White mesh netting - 156 holes per sq. inch
- Nylon skirting material with 4 lashing points
- Quick-Hang system allows easy adjustment and repositioning of the net
- Pre-attached hanging cord
- Hanging hooks included

EAN: 5 031863 370004  
 DIMENSIONS: 2100 x 1000 x 1600 mm  
 PACKED DIMENSIONS: 190 x 100 x 100 mm  
 WEIGHT: 257 g



37010

**MICRONET - UNTREATED DOUBLE**

- Double wedge-shaped net with spreader bar
- White mesh netting - 156 holes per sq. inch
- Nylon skirting material with 4 lashing points
- Quick-Hang system allows easy adjustment and repositioning of the net
- Pre-attached hanging cord
- Hanging hooks included

EAN: 5 031863 370103  
 DIMENSIONS: 2100 x 1600 x 1600 mm  
 PACKED DIMENSIONS: 210 x 100 x 100 mm  
 WEIGHT: 379 g



5041

**BELNET - DOUBLE**

- Double bell-shaped net with spreader bars
- EX8 AntiMosquito long-life impregnation
- White mesh netting - 156 holes per sq. inch
- Nylon skirting material with 4 lashing points
- Quick-Hang system allows easy adjustment
- Pre-attached hanging cord + hooks included

EAN: 5 031863 050418  
 DIMENSIONS: 2450 x 2450 x 2300 mm  
 PACKED DIMENSIONS: 270 x 100 x 100 mm  
 WEIGHT: 661 g



36030

**ARCNET SELF-SUPPORTING - SINGLE**

- Single freestanding bed net - requires no hanging
- EX8 AntiMosquito long-life impregnation
- Freestanding design with aluminium pole
- White mesh netting - 156 holes per sq. inch
- Nylon skirting material with 4 lashing points
- Twin zipped doors for easy access

EAN: 5 031863 360302  
 DIMENSIONS: 1950 x 950 x 1170 mm  
 PACKED DIMENSIONS: 320 x 120 x 120 mm  
 WEIGHT: 690 g



36040

**ARCNET SELF-SUPPORTING- DOUBLE**

- Double freestanding bed net - requires no hanging
- EX8 AntiMosquito long-life impregnation
- Freestanding design with aluminium pole
- White mesh netting - 156 holes per sq. inch
- Nylon skirting material with 4 lashing points
- Twin zipped doors for easy access

EAN: 5 031863 360401  
 DIMENSIONS: 1950 x 1400 x 1350 mm  
 PACKED DIMENSIONS: 360 x 120 x 120 mm  
 WEIGHT: 840 g

# EXPEDITION NETS

Designed for extreme environments, these nets are more durable and have finer mesh netting.



36020

## EXPEDITION SOLONET - UNTREATED SINGLE

- Single wedge-shaped net with a spreader bar
- Midge & mosquito-proof netting - 1001 holes/ sq. inch
- Built-in durable, waterproof ground sheet
- Zipped side door for easy access
- Quick-Hang system allows easy adjustment and repositioning of the net
- Pre-attached hanging cord + hooks included

EAN: 5 031863 360203  
 DIMENSIONS: 2100 x 1100 x 1800 mm  
 PACKED DIMENSIONS: 260 x 100 x 100 mm  
 WEIGHT: 720 g

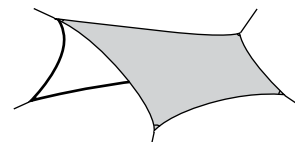


NEW

42341

## EXPEDITION TARP

- Waterproof ripstop nylon fabric
- 3000mm hydrostatic head
- Double stitched and taped seams
- Reflective cord for night-time visibility
- 6 pre-attachment points for quick setup
- Ideal for use with the Expedition GeoNet & Hammock Net
- Includes 4 aluminium v-pegs



EAN: 5 031863 423410  
 DIMENSIONS: 3200 x 2000 mm  
 PACKED DIMENSIONS: 200 x 110 x 110 mm  
 WEIGHT: 745 g



36210

## EXPEDITION GEONET - UNTREATED SINGLE

- Single freestanding Mosquito Net
- Midge & mosquito-proof netting - 1001 holes/ sq. inch
- Freestanding dome-shaped net for 1 person
- Built-in durable, waterproof ground sheet
- Lightweight aluminium poles
- Internal pocket and attachment points

EAN: 5 031863 362108  
 DIMENSIONS: 2100 x 865 x 900 mm  
 PACKED DIMENSIONS: 380 x 100 x 100 mm  
 WEIGHT: 1100 g



NEW

42340

## EXPEDITION HAMMOCK NET

- Hammock with integrated mosquito net
- Ripstop nylon fabric with bug net and structural ridge line
- Midge & mosquito-proof netting - 1001 holes/ sq. inch
- Spacious design with internal storage pocket
- Anodised aluminium screw-gate karabiners
- Includes 2 tree straps (300cm)
- Maximum load weight - 140 kg

EAN: 5 031863 423403  
 DIMENSIONS: 3200 x 1550 mm  
 PACKED DIMENSIONS: 250 x 120 x 120 mm  
 WEIGHT: 974 g

# HEAD NETS & ACCESSORIES



5060

## HEAD NET

- Black mesh
- 1001 holes per sq. inch
- Midge & mosquito-proof
- Comes with storage bag
- Draw-cord closure at the neck

EAN: 5 031863 005067  
DIMENSIONS: 330 x 330 x 460 mm  
WEIGHT: 40 g



5065

## HEAD NET HAT

- Black mesh
- 1001 holes per sq. inch
- Midge & mosquito-proof
- Folds flat when not in use
- Draw-cord closure at the neck

EAN: 5 031863 050654  
DIMENSIONS: 400 x 400 x 460 mm  
WEIGHT: 100 g

NEW



37100

## BOONIE HAT (S/M)

- Removable black mesh netting
- Waterproof & breathable
- Midge & mosquito-proof
- Folds flat when not in use
- Fits 54-58cm head circumference

EAN: 5 031863 371001  
DIMENSIONS: 360 x 360 x 560 mm  
WEIGHT: 150 g

NEW



37101

## BOONIE HAT (L/XL)

- Removable black mesh netting
- Waterproof & breathable
- Midge & mosquito-proof
- Folds flat when not in use
- Fits 58-62cm head circumference

EAN: 5 031863 371018  
DIMENSIONS: 375 x 375 x 560 mm  
WEIGHT: 160 g



5150

## NET HANGING KIT

12m nylon cord, safety pins, 4 suction-cup hooks, 4 screw-in hooks & 4 self-adhesive hooks

EAN: 5 031863 005159  
DIMENSIONS: 70 x 110 x 35 mm  
WEIGHT: 68 g



6350

## EX4 ANTIMOSQUITO

A 350ml spray-on treatment for fabrics. Ideal for clothing, tents, nets. Lasts for up to 2 weeks.

EAN: 5 031863 063500  
DIMENSIONS: 85 x 85 x 210 mm  
WEIGHT: 330 g



7050

## MOSQUITO COILS

Each coil treats 20m<sup>3</sup> and lasts up to 4½ hours. Pack contains 10 coils and 2 metal stands

EAN: 5 031863 007054  
DIMENSIONS: 110 x 100 x 30 mm  
WEIGHT: 138 g



34235

## MINI CLICK

Soothes bites using a piezoelectric pulse, reducing irritation & swelling.

EAN: 8 022386 063037  
DIMENSIONS: 43 x 24 x 18 mm  
WEIGHT: 5 g

# TICK REMOVAL



34020

## TICK CARD

- Credit-card sized tick remover
- Magnifying lens
- For any size of tick

EAN: 5 031863 340205  
DIMENSIONS: 85 x 54 x 1 mm  
WEIGHT: 6 g



34021

## TICK TOOL

- Key-ring sized tick remover
- Magnifying lens
- For any size of tick

EAN: 5 031863 340212  
DIMENSIONS: 54 x 36 x 1 mm  
WEIGHT: 2 g



6580

## TICK TWEEZERS

- Stainless steel with plastic sleeve
- Ergonomically designed
- For any size of tick

EAN: 5 031863 065801  
DIMENSIONS: 120 x 10 x 10 mm  
WEIGHT: 18 g



34022

## COMPACT TICK TWEEZERS

- Stainless steel with plastic sleeve
- Compact key-ring sized design
- For any size of tick

EAN: 5 031863 340229  
DIMENSIONS: 60 x 10 x 10 mm  
WEIGHT: 10 g

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LifemarketUK



LifemarketUK



LifemarketUK



LifemarketUK