

2026

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.

<div>9 ITEMS</div>  <div>1003</div> <p>BLISTER KIT</p> <p>Contents: Fabric plasters, 5 blister plasters, blister stick, 2 sterile saline wipes.</p> <p>EAN: 5 031863 010030 DIMENSIONS: 125 x 80 x 45 mm WEIGHT: 75 g</p>	<div>18 ITEMS</div>  <div>1040</div> <p>POCKET</p> <p>Contents: Primary care leaflet, low-adherent dressings, adherent dressing, woven bandage, fabric plasters, blister plasters, microporous tape, crepe bandage, nitrile gloves, sterile saline wipes, burn gel, scissors, tweezers, safety pins.</p> <p>EAN: 5 031863 001045 DIMENSIONS: 125 x 80 x 45 mm WEIGHT: 180 g</p>	<div>26 ITEMS</div>  <div>1025</div> <p>TREK</p> <p>Contents: Primary care leaflet, low-adherent dressings, adherent dressing, nitrile gloves, woven bandage, gauze swabs, fabric plasters, blister plasters, microporous tape, crepe bandage, sterile saline wipes, burn gel, paracetamol (UK only), scissors, tweezers, safety pins.</p> <p>EAN: 5 031863 010252 DIMENSIONS: 140 x 110 x 50 mm WEIGHT: 241 g</p>	<div>29 ITEMS</div> <div>QUICK FIND system</div>  <div>1030</div> <p>ADVENTURER</p> <p>Contents: Primary care leaflet, low-adherent dressing, nitrile gloves, woven bandage, gauze swabs, fabric plasters, blister plasters, burn gel, microporous tape, crepe bandage, triangular bandage, medium dressing, paracetamol (UK only), sterile saline wipes, scissors, tweezers, safety pins.</p> <p>EAN: 5 031863 010306 DIMENSIONS: 150 x 130 x 80 mm WEIGHT: 330 g</p>
<div>36 ITEMS</div> <div>QUICK FIND system</div>  <div>1035</div> <p>EXPLORER</p> <p>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), sterile saline wipes, thermometer, scissors, tweezers, safety pins.</p> <p>EAN: 5 031863 010351 DIMENSIONS: 170 x 130 x 60 mm WEIGHT: 395 g</p>	<div>40 ITEMS</div> <div>QUICK FIND system</div>  <div>20210</div> <p>CAMPING</p> <p>Contents: Primary care leaflet, low-adherent dressings, nitrile gloves, woven bandage, gauze swabs, fabric plasters, burn gel, zinc oxide tape, microporous tape, crepe bandage, triangular bandage, medium dressing, eye-pad dressing, fabric dressing strip, wound closure strips, paracetamol (UK only), sterile saline wipes, eyewash, duct tape, thermometer, scissors, tweezers, safety pins.</p> <p>EAN: 5 031863 202107 DIMENSIONS: 170 x 130 x 60 mm WEIGHT: 452 g</p>	<div>52 ITEMS</div> <div>QUICK FIND system</div>  <div>1045</div> <p>MOUNTAIN</p> <p>Contents: Primary care leaflet, low-adherent dressings, nitrile gloves, woven bandage, gauze swabs, fabric plasters, blister plasters, burn gel, zinc oxide tape, microporous tape, crepe bandage, triangular bandage, medium dressing, eye-pad dressing, fabric dressing strip, wound closure strips, paracetamol (UK only), ibuprofen (UK only), sterile saline wipes, duct tape, glow stick, thermometer, scissors, shears, tweezers, safety pins, thermal blanket.</p> <p>EAN: 5 031863 010450 DIMENSIONS: 200 x 140 x 90 mm WEIGHT: 700 g</p>	

OUTDOOR FIRST AID KITS

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



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, microporous tape, crepe bandage, triangular bandage, medium dressing, eye-pad dressing, fabric dressing strip, wound closure strips, paracetamol (UK only), ibuprofen (UK only), sterile saline 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, sterile info card, low-adherent dressings, nitrile gloves, woven bandage, gauze swabs, fabric plasters, blister plasters, burn gel, zinc oxide tape, microporous tape, crepe bandage, triangular bandage, large wound dressing, medium dressing, eye-pad dressing, fabric dressing strip, flexi-splint, wound closure strips, paracetamol (UK only), ibuprofen (UK only), sterile saline wipes, duct tape, glow stick, thermometer, resuscitation aid, scissors, shears, tweezers, safety pins, hypodermic needles and syringes, scalpel, synthetic suture, thermal blanket.

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

WATERPROOF FIRST AID KITS



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, sterile saline wipes, resuscitation aid, scissors, tweezers, Loc-Top waterproof bag.

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



2020

WATERPROOF

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

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



LIGHT & DRY FIRST AID KITS

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

16
ITEMS



32
ITEMS

42
ITEMS



20040

LIGHT & DRY NANO

Contents: Primary care leaflet, cohesive bandage, gauze swabs, adherent dressing, pack of plasters, blister plaster, sterile saline 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



20010

LIGHT & DRY MICRO

Contents: Primary care leaflet, cohesive bandage, pack of plasters, blister plasters, wound closure strips, gauze swabs, adherent dressing, sterile saline wipes, zinc oxide & microporous 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



20020

LIGHT & DRY PRO

Contents: Primary care leaflet, cohesive bandage, adherent dressings, pack of plasters, blister plasters, wound closure strips, gauze swabs, sterile saline wipes, zinc oxide & microporous 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

BIKE FIRST AID KITS

20
ITEMS



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 sterile saline 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



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 sterile saline 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

TRAVEL FIRST AID KITS

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

14
ITEMS



1015

MINI STERILE

Contents: Primary care leaflet, sterile info card, nitrile gloves, sterile saline 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, microporous tape, wound closure strips, sterile saline 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, microporous tape, wound closure strips, sterile saline wipes, hypodermic needles, syringes, scalpel, synthetic suture, I.V. cannula, I.V. dressing, multi-set 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, microporous tape, crepe bandage, medium dressing, wound closure strips, paracetamol (UK only), loperamide tablets (UK only), sterile saline 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, microporous tape, crepe bandage, medium dressing, fabric dressing strip, wound closure strips, paracetamol (UK only), ibuprofen (UK only), loperamide tablets (UK only), sterile saline 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

FIRST AID KIT REFILLS

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.



20374
BLISTER PLASTERS
6 blister plasters.

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



20377
WOUND CLOSURE STRIPS
12 x 3M® wound closure strips.

EAN: 5 031863 203777
DIMENSIONS: 6 x 75 mm (each)



20375
FABRIC PLASTER STRIP
3 x 1m fabric plaster strips.

EAN: 5 031863 203753
DIMENSIONS: 1000 x 75 mm (each)



20376
FABRIC PLASTERS
27 assorted fabric plasters.

EAN: 5 031863 203760
CONTENTS: 72 x 25 mm (x15), 72 x 50 mm (x6), 38 x 38 mm (x3) & Knuckle Plasters (x3).



20378
STERILE SALINE WIPES
20 alcohol-free sterile saline wipes.

EAN: 5 031863 203784
DIMENSIONS: 190 x 105 mm (each)



20379
ADHESIVE DRESSINGS
6 sterile adhesive dressings.

EAN: 5 031863 203791
DIMENSIONS: 80 x 160 mm (each)



20380
LOW-ADHERENT DRESSINGS
4 large & 4 small double-sided low-adherent dressings.

EAN: 5 031863 203807
DIMENSIONS: 50 x 50 mm (small), 100 x 100 mm (large).



27010
DRESSINGS REFILL
Contents: Low-adherent dressings, nitrile gloves, gauze swabs, fabric plasters, blister plasters, microporous tape, fabric dressing strip, wound closure strips, sterile saline wipes.

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

FIRST AID KIT BAGS



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 mesh pockets.

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



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.



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



NEW

42533

TINDER PARACORD

- 7-strand polyester paracord
- Fire strand, fishing line
- Ideal for many survival tasks
- 550lbs/250kg tensile strength

EAN: 5 031863 425339
LENGTH: 31 metres
WEIGHT: 300 g



42530

PARACORD - BLACK

- 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



NEW

42531

PARACORD - ORANGE

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

EAN: 5 031863 425315
LENGTH: 33 metres
WEIGHT: 220 g



NEW

42532

PARACORD - OLIVE

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

EAN: 5 031863 425322
LENGTH: 33 metres
WEIGHT: 220 g

SIGNALLING & NAVIGATION

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



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



42632

MIRROR COMPASS

- Accurate & easy to read with locking lid
- Signalling mirror with sighting hole/markers
- Magnifier & luminous bezel/markings
- Clear 1:25k, 1:40k & 1:50k cm scales
- Detachable lanyard with printed scale

EAN: 5 031863 426329
DIMENSIONS: 122 x 65 x 18mm
WEIGHT: 92 g



42635

SIGNALLING MIRROR

- Visible for up to 20 miles
- Single-handed operation
- Durable polycarbonate construction
- Lanyard with integrated whistle

EAN: 5 031863 426350
DIMENSIONS: 75 x 50 x 6mm
WEIGHT: 35 g



WALKING POLES

Lifesystems walking poles use the ultimate material, carbon fibre to give strong reliable poles that are super lightweight..



NEW

42540

CARBON FIBRE TREKKING POLES

- Lightweight, strong 3K carbon fibre
- Telescopic with aluminium flip-lock adjusters
- Ergonomic cork & foam handles for comfort
- Tungsten carbide tips with rubber caps
- Soft adjustable wrist straps
- Trekking baskets included

EAN: 5 031863 425407
DIMENSIONS: 105-135 cm
WEIGHT: 228 g (each)



HAND WARMERS

Lifesystems use top spec components to ensure your hand warmers do not let you down..

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
- USB Power bank function

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



42467

RECHARGEABLE HAND WARMERS

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

EAN: 5 031863 424677
DIMENSIONS: 32 x 100 x 28 mm (each)
WEIGHT: 219 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
- USB Power bank function

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



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

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

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



GLOW MARKER

- Photo-luminescent marker
- 5 minute charge - glows for 12hrs
- Cable-ring attachment
- 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





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



42409

INTENSITY 552 LANTERN

- Up to 552 lumens brightness
- Integrated hanging clip & magnetic base
- USB powerbank function for charging devices
- 5 lighting modes (white, red & green)
- Rechargeable Li-ion battery (included)
- IP66 water resistant & shockproof
- Up to 12 hours battery life



EAN: 5 031863 424097
DIMENSIONS: 138 x 48 x 48 mm
WEIGHT: 200 g



INTENSITY MARKER

- 20 lumens brightness
- 3 colours: white, green, red
- IPX6 water resistant body
- Up to 10 hours battery life

DIMENSIONS: 150 x 26 x 19 mm
WEIGHT: 35 g

42407

INTENSITY MARKER
EAN: 5 031863 424073



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



42160

SINGLE

42170

DOUBLE

HEATSHIELD BLANKETS

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

EAN: 5 031863 421607 (Single), 5 031863 421706 (Double)
DIMENSIONS: 210 x 150 cm (Single), 250 x 150cm (Double)
WEIGHT: 84 g (Single), 98 g (Double)



42180

HEATSHIELD PONCHO

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

EAN: 5 031863 421805
SIZE: One size fits all
WEIGHT: 86 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.

NEW



42322

SURVIVAL SHELTER 1

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

EAN: 5 031863 423229
DIMENSIONS: 140 x 90 x 45 cm
WEIGHT: 265 g



42311

SURVIVAL SHELTER 2

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

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



42321

SURVIVAL SHELTER 4

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

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

NEW



42323

SURVIVAL SHELTER 6

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

EAN: 5 031863 423236
DIMENSIONS: 140 x 90 x 140 cm
WEIGHT: 620 g



42330

ULTRALIGHT SURVIVAL SHELTER 2

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

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



42331

ULTRALIGHT SURVIVAL SHELTER 4

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

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

TENTS & 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/m2/24hr (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/m2/24hr (top)
- Freestanding hoop design with zipped bug-screen also aids ventilation
- YKK anti-snag main zip, 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



SLEEP MAT LITE - REGULAR

- 360 air-cells for full body comfort
- Heatshield technology reflects body heat
- 40D ripstop nylon fabrics with PU coating and taped seams
- 13,000mm hydrostatic head
- Quick & easy inflate/deflate using pump bag
- Packs down incredibly small

42342

EAN: 5 031863 423427
DIMENSIONS: 180 x 55 x 7 cm
PACKED DIMENSIONS: 20 x 10 x 10 mm
R-VALUE: 4.4
WEIGHT: 755 g

NEW

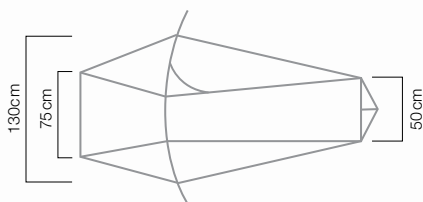


SLEEP MAT LITE - LARGE

- 400 air-cells for full body comfort
- Heatshield technology reflects body heat
- 40D ripstop nylon fabrics with PU coating and taped seams
- 13,000mm hydrostatic head
- Quick & easy inflate/deflate using pump bag
- Packs down incredibly small

42343

EAN: 5 031863 423434
DIMENSIONS: 198 x 64 x 7 cm
PACKED DIMENSIONS: 20 x 15 x 15 cm
R-VALUE: 4.4
WEIGHT: 930 g



TOTAL WEIGHT

NEW

42337

SOLO PEAK TENT

- Lightweight, compact design with quick-pitch aluminium frame
- 20D siliconised ripstop nylon fabrics with taped seams
- Fly and groundsheet with 3,000mm hydrostatic head rating
- Breathable internal mesh and vents to aid airflow
- 3 guy-line attachment points with 1.8mm Dyneema guy-lines
- Vertical foot pole to maximise space
- YKK anti-sag main zip
- Includes 10 pegs and a repair kit

EAN: 5 031863 423373

DIMENSIONS: 250 x 130 x 90 cm

PACKED DIMENSIONS: 32 x 10 x 12 cm

WEIGHT: 1000 g



WATER FILTRATION

Explorers, expeditions and travellers will inevitably be drawn to areas where water supplies may contain bacteria, parasitic cysts and viruses. Lifesystems offer a range of filter bottles and chemical treatments to combat this problem, making water safe to drink.



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

NEW



REMOVES
viruses, bacteria
& protozoa



FILTERS
particulates, chemicals
& heavy metals



TREATS
up to 250 litres with
long-lasting filter



FAST FLOW
filters the water
as you drink

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
- Each cartridge treats up to 600 Litres
- 1000ml capacity with screw-top lid
- BPA-free and easy to clean

44030

1000ML
EAN: 5 031863 440301
DIMENSIONS: 90 x 120 x 260 mm
WEIGHT: 255 g

40031

FILTER+PURIFIER BOTTLE CARTRIDGE
EAN: 5 031863 440318



3120

CHLORINE TABLETS

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

EAN: 5 031863 003124
CONTENTS: 60 TABLETS
WEIGHT: 11 g



44020

CHLORINE DIOXIDE TABLETS

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

EAN: 5 031863 440202
CONTENTS: 30 TABLETS
WEIGHT: 8 g



44010

CHLORINE DIOXIDE DROPLETS

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

EAN: 5 031863 440103
CONTENTS: 2 x 30ML (2-PART)
WEIGHT: 8 g



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, photo-stable 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

BELLNET - 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



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

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



42341

EXPEDITION TARP

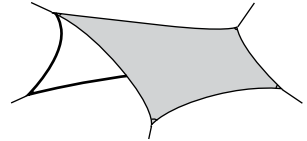
- Waterproof ripstop nylon fabric
- 3000mm hydrostatic head
- Double stitched and taped seams
- Reflective cord for night-time visibility
- 6 pre-attachment points for quick setup
- Ideal for use with the Expedition GeoNet & Hammock Net
- Includes 4 aluminium v-pegs

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
- 11,000mm hydrostatic head
- 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



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 - 130 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



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



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: 200 g



6350

EX4 ANTIMOSQUITO FABRIC TREATMENT

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



42408

MIDGE & MOSQUITO REPELLENT CANDLE

Plant-based formula, providing up to 24 hours protection from mosquitoes. For outdoor use only.

EAN: 5 031863 42408
CAPACITY: 100 ml



7050

MOSQUITO SMOKE COILS

Each coil treats 20m³ 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 BITE RELIEF

Soothes bites using a piezoelectric pulse, reducing irritation & swelling. No batteries required.

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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