

A FIRST AID KIT: *One of Your 10 Essentials*

For your own kit, start from scratch or add to a ready-made medical kit. Above all, know what to do with what you have. The longer you are away from urban medical care, the more you may want to carry. Some trips may call for additional items based on the nature of the trip. While no quantities are listed here, you may have more than one person requiring your care at any given time. Look over your kit before each trip; replenish any used items and replace any expired medications. If you are unfamiliar with a medication, carry a card that covers over-the-counter dosing, indications and side effects.

	Day Hiking / Backpacking	Optional but Useful
WOUND MANAGEMENT		
Adhesive bandages ex. band aids	+	
Gauze pads and gauze roll	+	
ACE bandage	+	
Triangular bandage aka cravat for slings	+	
Adhesive wound closure strips ex. steri strips/ butterfly bandage	+	
Adhesive tape 1-inch roll	+	
Blister care of choice- ex. mole skin/ 2nd Skin/ gel bandages	+	
Cotton swabs ex. Q tip	+	
10ml syringe for irrigation	+	
Liquid all-purpose soap (handwashing and cleansing wounds)	+	
Non-adhering bandage ex. telfa		+
Heavy compress dressing/ sanitary pad (for heavily bleeding wounds)		+
MEDICATIONS		
Antibiotic ointment	+	
Ibuprofen	+	
Acetaminophen	+	
Antihistamine ex. Benadryl	+	
Personal medications (pack more days than needed when backpacking)	+	
Emergency electrolytes ex. Gatorade powder	+	
Iodine/ chlorine water treatment	+	
Antidiarrheal		+
Hydrocortisone cream		+
MISCELLANEOUS		
Exam gloves (at least two sets)	+	
Medical report form and pencil	+	
Additional baggie: e.g. a zip lock for making a cold compress with snow or to use for irrigation (puncture a corner)	+	
Waterproof case (zip lock bags works fine)	+	
CPR face mask	+	
Sanitizer	+	
Scissors (small, may be found on a Swiss Army knife)/ trauma shears	+	
Safety pins	+	
Splinting materials ex. SAM splint (can be improvised from items carried)		+
Tweezers		+
Hand warmers		+
Thermometer		+