



## **First Aid Kit Supplies to Consider:**

- ❑ Some of these items may be kept in your first aid kit, repair kit or elsewhere. Remember to try and use items with multiple uses to keep your kit lightweight and versatile.
- ❑ The quantity of supplies depends on the kinds of problems that you most likely will encounter on a trip, length of the trip, number of people.
- ❑ If you repackage medications copy the dosage information and expiration onto the new label.
- ❑ Basic items carried by most Wilderness First Aid trained people are in bold face. The other items are the ones you could consider adding to your kit depending on the type of trip, location etc.

<p><b><u>Tools</u></b> <b>Small Swiss Army knife or Leatherman-type tool.</b> EMT shears Seam ripper <b>Forceps (Tweezers)</b> Tick Spoon or Tick Pliers Needle nose pliers, small <b>Safety Pins</b> <b>Small flashlight / headlamp</b> Small magnifier (<i>removing small splinters</i>) <b>Pen or pencil</b> <b>Notepad</b> Hand warmers CPR mask or thin shield Mini marshmallows (<i>removing contact lens</i>) Rubber cement (<i>removing small cactus needles and nettles.</i>) <b>Ziploc bags</b> (<i>store FA supplies in, organizes kit</i>) Disposable scalpels Thermometer</p> <p><b><u>Cleaning and Disinfecting</u></b> <b>Non-latex rubber gloves</b> <b>Liquid soap</b> Surgical scrub <b>Providone iodine (liquid or prep pads)</b> <b>Antimicrobial towelettes or alcohol preps</b> Syringe (<i>wound cleaning</i>)</p> <p><b><u>Dressings and Bandages</u></b> <b>Sterile gauze pads (4"x4")</b> Sterile gauze pads (8"x10") Trauma pads/battle dressings <b>Band-Aids</b> <b>Triangular bandages</b> <b>Gauze rollers (3" or 4")</b> Gauze rollers (1" or 2") Bias cut stockinette Butterfly closures Knuckle bandages Fingertip bandages Eye patch <b>Moleskin or mole foam</b></p>	<p><b><u>Dressings and Bandages continued...</u></b> Eye patch 2<sup>nd</sup> skin blister treatment <b>Athletic tape ¾-1" or Duct Tape</b> Cloth adhesive tape (1" or 2") Micro-thin film dressings like Tegaderm</p> <p><b><u>Splints</u></b> Wire splint SAM splint Air splint Tongue depressors Traction splint (<i>for fractured femur</i>)</p> <p><b><u>Medications</u></b> Aspirin <b>Ibuprofen</b> Rx Tylenol Rx Codeine Other narcotics (<i>for more severe pain</i>) <b>Antihistamine</b> Albuterol inhaler Rx pseudoephedrine Laxative Rx Lomotil Electrolyte mix for rehydration (powder gateraid) Rx erythromycin (moderate infection) Rx ampicillin or cephalexin (severe infection) Hydrocortisone cream Oil of cloves (ease toothache) Dental first aid kit Antifungal powder/ointment Lip balm Anti altitude medications (<i>Rx. Diamox, Decadron, Procardia</i>)</p> <p><b><u>Containers</u></b> (<i>depend on amount of supplies</i>) Large group: small pack, ammo boxes Medium group: Nylon zipper bag. Small typical group: small nylon zipper bag</p>
--	--