

## Backpacking First Aid Kit

**Emergency first aid in the wilderness begins with your own personal first aid kit.** The kit should be small and waterproof. A heavy-duty ziplock or waterproof ditty bag can be used. It should contain the essential medical instruments and bandage materials listed. Asterisked items (\*) need only to be carried by the group leaders. All medications should be stored in separate air-tight plastic containers and clearly labeled as to the name of the drug, dosage, and expiration date.

### ID Card

On a 3 X 5 index card write your name, date of birth, address, phone numbers, insurance numbers, next of kin, list of illnesses or conditions a physician should know, medicines you take, and in RED ink write your allergies. Laminate the card and place it in your personal first aid kit.

Name: _____	DOB: _____
Address: _____	
Phone numbers: _____	
Insurance Co. & numbers: _____	
Next of Kin: _____	
Medical conditions: _____	
Medicines you take: _____	
<b>ALLERGIES:</b> _____	

### First Aid Kit Checklist

Bandage Materials		
Qty	Description	Uses
10	1" X 3" Band-Aids	Covering small cuts and scrapes
10	2" X 4" Band-Aids	Covering small cuts and scrapes
10	Butterflies	Close long cuts and wounds
4	Knuckle Band-Aids	Covering cuts and scrapes on knuckles
4	2" X 2" gauze pads	Used to cover wounds
4	4" X 4" gauze pads	Used to cover wounds
4	4" X 4" Telfa pads (non-adherent dressing)	Place directly on wound, under sterile dressings
1	2" or 3" gauze roll (self adhering)	Hold dressings in place
*2	Trauma dressings (surgipad or sanitary napkins)	Large wound or abrasion pressure dressing
10'	Duct tape (wrapped around a short pencil)	Hold dressings in place, preventing blisters

<b>Wound Management</b>		
1	4oz tube triple antibiotic ointment	For cuts, scrapes, burns
*1	Tincture of Benzoin	Increases the stickiness of wound closure strips
1	6oz bottle of camp soap	Cleansing wounds
<b>Medications</b>		
24	Ibuprofen tablets	Reduces inflammation, relieves pain
6	Immodium/Pepto-bismol tabs	Controls the symptoms of diarrhea
6	Antihistamine tablets (Benadryl or Sudafed)	For treatment of allergic symptoms
<b>Blister Care</b>		
1	Moleskin pad	For preventing and protecting blisters
1	Molefoam pad	For preventing and protecting blisters
<b>Personal Protection</b>		
*2 pair	Nitrile examination gloves	To help prevent the spread of infectious disease
*1	Microshield CPR mask	To help prevent the spread of infectious disease
<b>Hardware</b>		
*1	Small scissors or trauma shears	Removing clothing, cutting bandages
1	Tweezers	Removing ticks or embedded objects
*1	Razor	Removing hair around wounds
6	Large safety pins	100's of uses
*1	Mirror	Removing specks in eye, signaling device
1	Whistle	Signaling device
1	Lighter/matches in waterproof container	Starting a fire, sterilizing instruments
<b>Other Essential Items</b>		
1	3-4oz SPF 15 sunscreen	Prevent sunburn
1	Lip balm tube with SPF protection	Prevent dry, chapped, sunburned lips
1	2-4oz tube of Insect repellent (DEET)	Repel mosquitoes, ticks, and flies
*1	Water purification tablet system	Emergency clean water supply