

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. Doubled heavy-duty Ziploc bags or a 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 print the titles illustrated below legibly in black ink. Complete the cards with the requested information and in **RED** ink write your allergies. Laminate the card and place it in your personal first aid kit.

Front

| |
|---|
| Name: _____ |
| Address: _____ _____ |
| Phone numbers: _____ |
| DOB: _____ |
| Insurance Co. & numbers: _____ _____ |
| Emergency contacts: _____ |

Back

| |
|---|
| ALLERGIES: _____ |
| Medical conditions: _____ _____ _____ |
| Medicines you take: _____ _____ _____ |

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 |
| 9' | Duct tape (wrapped around a short pencil) | Hold dressings in place, preventing blisters |
| Wound Management | | |
| 1 | .5oz 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 |
| Medications | | |
| 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 |
| Blister Care | | |
| 1 | Moleskin pad | For preventing and protecting blisters |
| 1 | Molefoam pad | For preventing and protecting blisters |
| Personal Protection | | |
| *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 |
| Hardware | | |
| *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 |
| Other Essential Items | | |
| 1 | 1.5oz 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 |