



## Suggested First Aid Kit Contents Table <sup>(2)</sup>:

Bill Rogers - 11 August 2005

**Note:** Footnotes shown in <sup>(1)</sup> are listed on the last page of this handout.

*A first aid kit is a collection of material necessary to treat injuries and illnesses likely to occur during any outdoor activity.*

**Note:** Footnotes shown in <sup>(1)</sup> on this handout are listed as Endnotes on page 3.

**Brand Names:** The inclusion of brand names on this list is for illustrative and example purposes only, and does ***not*** constitute any sort of endorsement or recommendation. Only you, the individual OUTDOORS PERSON, know the medicines you use and the medicines you are, or might be, allergic to. *Consult your doctor.*

**Allergies:** It's ***your*** responsibility to make sure that you are not allergic to anything in your First Aid Kit or your pack. *Consult your doctor.*

**Iodine:** Iodine <sup>(4)</sup> (as used in some water purifiers/filters and tablets) should not be used by those with thyroid problems, who are pregnant, or are allergic to seafood or iodine. *Consult your doctor.*

**Betadine** (povidone-iodine) is often used to cleanse/disinfect a wound. Just as Red Cross workers always ask if the blood donor is allergic to iodine before swabbing (disinfecting) the area where the needle will be

inserted, you should always ask if the injured person has a thyroid problem, or is allergic to either iodine or seafood.

### Sharing Medicine:

1. "If you give medication to someone else, you are no longer practicing first aid, you are practicing medicine (without a license). What happens if the victim is that one person in 100,000 who is allergic to that particular drug? No matter how severe the pain or your need to do something, it is strongly recommended that you not share any form of medicine <sup>(1)</sup>."

2. You can give it to yourself, but should not share medicines with others.

### Related data:

1. Also see the related TATC Educational Handout titled "FIRST AID - AN INTRODUCTION."

2. **Personal medicines.** Routines on the trail are vastly different than at home. To ensure you take your medicines: Label a SPECIFIC pill container in your kitchen

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*A first aid kit is a collection of material necessary to treat injuries and illnesses likely to occur during any outdoor activity.*

### Abbreviations Used Are:

|  |                 |                |
|--|-----------------|----------------|
| as req ... as required                 | dz ..... dozen  | ro ..... roll  |
| can ..... 35mm film can <sup>(3)</sup> | ea ..... each   | sh ..... sheet |
| cc ..... cubic centimeter              | oz ..... ounce  | tu ..... tube  |
|  | pkg ... package |                |

| Item  | Use   | Qty                           |
|---|---|-------------------------------|
| Adhesive first aid tape, 1-inch   | Securing bandages / gauze pads                  | 1 ro                          |
| Alcohol pads  | Cleanse skin                                    | 1 pkg                         |
| Anti-itch medicant (example: Hydrocortisone, Calimine Lotion, Sting-EZ)     | Bug bites, poison ivy, heat rash                | 1                             |
| Antibiotic ointment (Example: Bacetracin, Myatracin, Neosporin)             | Wounds  | 1                             |
| Band-Aids, large  | Minor wounds, blisters                          | 1 dz                          |
| Bandage, Self Adherent, ACE (stretch gauze), 2-inch x 5-yards               | Wounds, hold bandages                           | 1 ro                          |
| Bandage, triangular, 36 x 36 x 52-inches                                    | Sling, cravat                                   | 1                             |
| Bandages, butterfly, assorted sizes   | Wound closure                                   | 3                             |
| Benzoin, Tincture of, plastic bottle  | Adhesive, protects skin                         | 1/2 oz                        |
| Betadine (povidone-iodine) (see Iodine paragraph)                           | Cleansing / disinfecting wound                  | 1 tu <sup>(4)</sup>           |
| Blister stuff (example: Moleskin, Molefoam, Spenco Second Skin, or similar) | Red or hot spots, blisters                      | 1 sh                          |
| Burn Ointment   | Burns   | 1 tu                          |
| Candle Lantern  | Light, comfort                                  | 1                             |
| Carlisle 'Battle' dressing (or sanitary napkin)                             | Severe bleeding                                 | 1                             |
| Coins   | Phone calls                                     | 25-10-5¢ for four phone calls |
| Diaper pin, safety pin, or needle   | Splinter / torn / blister                       | 1 <sup>(5)</sup>              |
| Diarrhea medicine (example: Imodium A-D)                                    | Relief  | 2 days                        |
| Elastic athletic wrap (example: ACE bandage)                                | Sprains, hold bandages, R.I.C.E. <sup>(6)</sup> | 1 ro                          |
| Eye cup   | Wash out sawdust, dirt                          | 1                             |
| Fire starter (lint or cotton balls rolled in petroleum jelly, drier lint)   | Wet weather fire starter                        | 1 can                         |
| First Aid Book (see reference list)   | Information                                     | 1                             |
| Foot powder   | Comfort   | 1                             |
| Gauze pads, 2 x 4 inch, self-sticking                                       | Small wounds                                    | 4                             |
| Gauze pads, 4 x 4 inch  | Wounds  | 4                             |
| Insect repellent  | Protection                                      | 1                             |
| Latex gloves (small, medium, large, <u><i>your size</i></u> )               | Personal protection                             | 1 pr                          |
| Lip Balm  | Protection, healing                             | 1                             |
| Magnifying lens   | Splinter, thorn, tick removal, reading labels   | 1                             |
| Matches, waterproof   | Start fire, disinfect needle <sup>(7)</sup>     | 1                             |
| Moisturizer   | Dry skin, winter protection                     | 1                             |

| Item  | Use  | Qty    |
|---|--|--------|
| Names, telephone numbers (day / nite) of persons to contact in emergency                | Include family, doctor, dentist                      | 1      |
| Notebook, spiral, 3 x 5 inches, and pencil <sup>(8)</sup>                               | Notes  | 1      |
| Pain medication <sup>(9)</sup> (Aspirin, acetaminophen, ibuprofen, or whatever you use) | Headache, general use                                | 1 pkg  |
| Personal prescription drugs and other medicines   | As prescribed  | as req |
| Petroleum jelly, talcum powder, cornstarch  | Prevent, treat chafing                               | 1      |
| Poison ivy preventive / blocker (example; Technu)                                       | Prevention   | 1      |
| Poison ivy wash (example: Zanafel)  | Prevention   | 1      |
| Scissors (Swiss Army Knife, small)  | Cutting Moleskin ® / clothes                         | 1      |
| Soap, antibacterial, or hand sanitizer  | Cleansing, disinfection                              | 1      |
| Sugar, restaurant sized packages  | Hypoglycemic diabetic                                | as req |
| Sun Screen  | prevention   | 1      |
| TATC A.T. DATA SHEET  | Distances, Phone Numbers                             | 1      |
| Tang, powdered  | Hypothermia, diabetic                                | as req |
| Tweezers <sup>(10)</sup> (small Swiss Army Knife)                                       | Splinter, thorn, <b><i>not</i></b> for tick          | 1      |
| Tweezers <sup>(10)</sup> , curved tip   | Splinter, thorn, tick                                | 1      |
| Water purifying tables (two bottle package of purifier and neutralizer)                 | Emergency use (see Iodine paragraph and Endnote # 4) | 1 pkg  |
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Here are the Footnotes for the article titled FIRST AID KIT, and the table titled SUGGESTED FIRST AID KIT CONTENTS TABLE

- <sup>(1)</sup> Quoted from: Third Edition Revised, Mountaineering First Aid, A Guide to Accident Response and First Aid Care, The Mountaineers, 1990.
- <sup>(2)</sup> Use this handout (FIRST AID KIT) as a guideline for developing your own, personal first aid kit checklist. After developing your checklist, ask your doctor to review it and make suggestions. *Only you and your doctor know your personal needs **and** requirements, **and** your allergies.*
- <sup>(3)</sup> Film cans should probably not be used for medicines or food products. They contain chemical residues that can be harmful if swallowed (The Backpacker's Field Manual by Rick Curtis, Princeton University Outdoor Action [Three Rivers Press, 1998, ISBN 0-517-88783-5]).

- (4) Betadine (povidone-iodine)
- a. Refer to Iodine paragraph.
  - b. When purchasing Betadine (povidone-iodine), purchase a tube of Betadine without moisturizer (petroleum jelly).
  - c. A cleansing/disinfecting water/Betadine solution may be made by:
    - (1) Use a 1/2 full Nalgene 1-liter water bottle.
    - (2) Place about 1/2 teaspoon of Betadine in the inside center of the water bottle lid. Close lid. Shake well until dissolved.
    - (3) Either:
      - (a) Pour from water bottle over wound, a bit of height adds force to solution.
      - (b) Load 10-cc syringe with solution and express into/over wound.
      - (c) Pour into zipper-type sealing food bag. Seal bag. Put small pin prick in bag, then squeeze a gentle stream of fluid over and around wound.
    - d. After containing solution, water bottle, well rinsed with purified or filtered water, may be used as canteen (Ref: Wilderness First Aid course, Jan 1998).
    - e. Betadine may also be purchased in a 10% liquid form, 8-oz. This can be decanted into smaller 1-oz containers.
    - f. Betadine may also be found (inexpensively and in a small, handy, break-open tube) in douche kits.
- (5) Although a needle is slimmer and sharper, a safety pin (minimum 1-inch), or diaper pin, is easier to work with, will do more things, and is easier to hold with cold, wet, or tired hands. Besides, a needle is much harder to find when you drop it in the leaves.
- (6) R.I.C.E. = Rest. Ice. Compression. Elevation.
- (7) Rubbing alcohol will not do for sterilizing a needle to use on a blister (The Complete Walker III, Colin Fletcher, 1988, pg 91).
- (8) Pencil, not a pen that will freeze and be useless.
- (9) For your own use only. *If you give medicine to someone else, you are no longer practicing first aid, you are practicing medicine without a licence. What happens if the victim is that one person in 100,000 who is allergic to that particular drug ?* In addition, pain killer may mask symptoms that a doctor needs to know about in order to make a good diagnosis. (Words in *italics* quoted from Third Edition revised, Mountaineering First Aid, A Guide to Accident Response and First Air Care, © The Mountaineers 1991.)
- (10) Straight tweezers will squeeze tick's body, forcing unwanted, possibly infectious, things into the bite opening and thence into you.