



# FIRST AID KIT CONTENTS

## Outdoor Recreational Use

Version 1.2 Jan. 2021



### SUGGESTED FIRST AID KIT ITEMS

- 2+: Triangle Bandages
- 2+: 5x9" ABD Pads (or larger)
- 2+: 3" &/or 4" Gauze Rolls
- 3" Tensor Bandage
- 2+: 4x4" Sterile Gauze Pads
- 2+: NON-STICK Sterile Gauze Pads
- Polysporin (or similar)
- Assorted Band-Aids (fabric)
- Blister Pads / Moleskin / 2<sup>nd</sup> Skin
- Butterflies &/or Steri-Strips / Wound Glue
- Assorted Antiseptic Wipes
- Safety Pin &/or Needle
- Tweezers &/or Cuticle Scissors
- Cloth Tape
- Medical Shears
- C-A-T Tourniquet
- Emergency Silver Blanket (s)
- Gloves & Medical Mask

### ADDITIONAL RECOMMENDED

- Aluminum Splint (like C-Splint or SAM)
- Hot Hands / Robax Lumbar Heat Pads
- 20-30ml Syringe
- 3" or 4" Self-Adherent Wrap (Vet Wrap)
- Small vial Dawn Original (for bear spray & poison plant oil removal)
- CPR Mask
- Notebook / Pen / Sharpie Marker
- SOAP Note
- AquaTabs (or other water purifier)
- Visine (or similar)
- Anti-Chafe Cream
- Floss
- Ziploc Bags (for garbage)

### COMMON MEDICATIONS:

**Medications** (Personal use; list not exhaustive):

- Benadryl (or similar)
- Aspirin (ASA) 81mg Chewable
- Ibuprofen / Acetaminophen
- Tums / Gravol / Imodium
- DEX4 Tablets OR Glucose Gel
- Electrolyte Tablets

**NOTE:** If not in original packaging - should be labeled with dose & expiry date

### PATIENT CARE / SURVIVAL EQUIPMENT

- Tarp (8x10')
- Silver Emergency BIVY Sac / Blankets
- Sleeping Bag / Blanket
- Ground Insulation Pad
- Fire Starter
- Jet Boil / Mini Stove / Pot or Cup
- Headlamp / Flashlight
- Knife / Multi-Tool
- Paracord / Tent Pegs
- Water Purification Tool
- Map / Compass
- Power source for electronics
- Extra Clothing
- Personal Hygiene Kit
- Repair Kit

### TRIP PLAN

### GARMIN INREACH OR SPOT

### Personal Additions List

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

*This list provided by Back40 Training is not exhaustive. Individual needs, duration of trip, and activity of choice may alter the actual contents. Everyone should have the common essentials for backcountry trips and should always have a Trip Plan. Please adjust this list as your own personal needs require.*