

First Aid Items

Basic First Aid kit:

- Lifeline 4150 Base Camp Kit or similar
- Band-Aids
- Bandages, Tape
- Gauze pads
- Alcohol wipes, Antiseptic towelettes
- Other items typically included in a kit
- List of all contents in kit (helpful to know what you have)

Trama

- Quickclot (gauze with a chemical which makes blood clot rapidly)
- Israeli Bandage (emergency compression bandage with closure bar & dressing)
- Tourniquet – military style with lock
- Sam Splints (2) – padded, soft aluminum moldable splints
- Ace wraps 1 3"x60"
- Liquid Spray Bandage
- Roller bandage 4 yds x 4"

Meds

- Aspirin
- Acetaminophen (Tylenol) – fever, pain
- Ibuprofen – muscle pain
- Anti-Diarrhea
- Kaopectate – upset stomach
- Rehydration electrolyte powder (Liquid IV)
- Antihistamine (Benadryl or other) Beware drowsy

Ointments

- Triple Antibiotic (Neosporin)
- Hydrocortisone (rash, skin irritation)
- Burn Gel
- Bug Bite ointment, (Benzocaine, Chiggerex)

Supplies & Other

- Dental kit (lost filling, temporary cavity filler)
- Digital fever thermometer (recalls prior temperature)

- Tweezers
- Scissors
- Tick removal tool
- Knife, razor blade
- Hand sanitizer
- Gloves (nitrile, stores better than latex over long term)
- Moleskins, blister kit (may have to hike out)
- Eyeglass repair kit
- Pad and pencil: times for tourniquet, medicine taken, fever
- Face mask KN95 (for smoke)
- Eye wash
- Water purification tablets or filter
- Q-tips (works good to get foreign bodies out of eyes or skin)
- Safety pins
- Lip balm

Grab and Go Bag Contents

- First Aid Kit with above items
- Compass
- Matches, magnesium fire starter, cotton balls soaked with petroleum jelly
- Glow sticks
- Flashlight
- Paracord
- The Wallace Guidebook for Emergency Care and Survival
- Emergency blanket
- Bear spray

Items that can be useful for first aid

- A tampon can be used for nosebleeds, puncture wounds
- Individual small single use crazy glue tubes for closing cuts
- Duct Tape for holding bandages, splints