



First Aid Kit: Suggestions & Resources

Important Notes:

- ◆ There is not a one size fits all kit.
- ◆ These suggestions do NOT include the “ten essentials” that you should have with you in the backcountry.
- ◆ This list and the contents of a kit are not a supplement for good training, and good care. Do a good scene size-up, primary assessment, and secondary assessment. Take a course to learn these skills.

Suggestions

Minimalist:

- Scissors
 - Trauma sheers are nice but any sharp pair will do.
- Soft-Tissue Injury Kit
 - Band-aids, gauze pads, roller gauze, maxi pads (trauma dressing), tweezers, tape, irrigation syringe, 10% iodine solution, wound-closure strips.
- Pocket CPR Mask & Nitrile Gloves
- Medications
 - Prescriptions and over the counter.
- Oral Thermometer
- Blister Prevention/Treatment Kit
 - ENGO Blister Patches, 2nd Skin, Moleskin, Molefoam.

Helpful additions:

- SAM® Splint
 - Thin aluminum sandwiched between two layers of foam.
- Triangular Bandages & Safety Pins
- Coban™ Wrap
 - Generically called a self-adhering or cohesive wrap.
- Tincture of Benzoin
 - Helps bandages stick. Can be used to help prevent blisters.
- Tegaderm™
 - Generically called a transparent film dressing.
- Ace-Style Elastic Wraps
- Neosporin®
- New-Skin Liquid Bandage
- SOAP Note Documentation Form & Pen
 - The Outside Medicine form works especially well. Take a backup pen/pencil.
- Outside Medicine Field Handbook

Serious additions:

- Commercial Tourniquet
 - SAM XT Extremity Tourniquet is the best and only one to get.
- QuikClot® Gauze Dressings
 - Contains a hemostatic agent to stop serious bleeding more quickly/effectively.
- Chest Seal
 - Sentinel, Russell, or HyFin Chest Seals are recommended.
- Airway Suction Device
 - Commercial device or... cut catheter tip off of a 60cc syringe & attach a 3" piece of plastic tubing.

Other Possible Considerations:

Forceps
Dental putty
Drug log