



TENT & TRAILS FIRST AID KIT CHECK LIST



Outdoor First Aid

Basic

- | | <u>Have</u> | <u>Need</u> |
|---------------------------------|-------------|-------------|
| 1 pr. Latex free Gloves | _____ | _____ |
| 1 Splinter/Tick Remover | _____ | _____ |
| 2 Safety Pins | _____ | _____ |
| 1 Emergency First Aid Cards | _____ | _____ |
| 6 Alcohol Cleaning Wipes . | _____ | _____ |
| 4 2x2 Gauze Dressing | _____ | _____ |
| 4 3x3 Gauze Dressing | _____ | _____ |
| 2 3x4 Non adhesive Pads | _____ | _____ |
| 1 10yd First Aid Tape | _____ | _____ |
| 2 Oval Eye Pad | _____ | _____ |
| 6 Steri-strips | _____ | _____ |
| 1 4x4 Moleskin | _____ | _____ |
| 1 3" Elastic bandage | _____ | _____ |
| 2 Cotton tipped Applicators | _____ | _____ |
| 4 Knuckle Adhesive Bandage | _____ | _____ |
| 1 Tongue Depressor | _____ | _____ |
| 6 Ibuprofen tablets | _____ | _____ |
| 6 Aspirin tablets | _____ | _____ |
| 2 Insect sting relief pads | _____ | _____ |
| 6 Antibiotic ointment packs | _____ | _____ |
| 4 Stomach upset tablets | _____ | _____ |
| 1 Burn Relief ointment | _____ | _____ |
| 1 5yd x 2" Duct Tape | _____ | _____ |

Intermediate (in addition to your basic first aid supplies)

- | | | |
|---------------------------------|-------|-------|
| 1 pr. Nitrile Gloves | _____ | _____ |
| 4 3x3 Gauze Dressing | _____ | _____ |
| 2 3x4 Non adhesive Pads | _____ | _____ |
| 2 Steri-strips | _____ | _____ |
| 10 Butterfly Closures | _____ | _____ |
| 2 4x4 Moleskin | _____ | _____ |
| 1 6" Elastic bandage | _____ | _____ |
| 2 Cotton tipped Applicators | _____ | _____ |
| 4 Knuckle Adhesive Bandage | _____ | _____ |
| 6 Ibuprofen tablets | _____ | _____ |
| 6 Aspirin tablets | _____ | _____ |
| 2 Insect sting relief pads | _____ | _____ |
| 6 Antibiotic ointment packs | _____ | _____ |
| 4 Stomach upset tablets | _____ | _____ |
| 1 pr. EMT Utility Shears | _____ | _____ |
| 1 Irrigation Syringe | _____ | _____ |
| 1 Sam Splint | _____ | _____ |
| 1 Disposal Sterile Needle .. | _____ | _____ |
| 1 Nylon Suture Thread | _____ | _____ |

Travel First Aid

Basic

- | | <u>Have</u> | <u>Need</u> |
|---------------------------------|-------------|-------------|
| 1 pr. Latex free Gloves | _____ | _____ |
| 1 Splinter/Tick Remover | _____ | _____ |
| 3 Safety Pins | _____ | _____ |
| 6 Alcohol Cleaning Wipes . | _____ | _____ |
| 4 2x2 Gauze Dressing | _____ | _____ |
| 4 3x3 Gauze Dressing | _____ | _____ |
| 2 3x4 Non adhesive Pads | _____ | _____ |
| 1 10yd First Aid Tape | _____ | _____ |
| 6 Steri-strips | _____ | _____ |
| 4 4x4 Moleskin | _____ | _____ |
| 1 3" Elastic bandage | _____ | _____ |
| 2 Cotton tipped Applicators | _____ | _____ |
| 4 Knuckle Adhesive Bandage | _____ | _____ |
| 6 Ibuprofen tablets | _____ | _____ |
| 6 Aspirin tablets | _____ | _____ |
| 6 Insect Repellent Wipes ... | _____ | _____ |
| 2 Insect sting relief pads | _____ | _____ |
| 6 Antibiotic ointment packs | _____ | _____ |
| 6 Stomach upset tablets | _____ | _____ |
| 1 Burn Relief ointment | _____ | _____ |
| 1 5yd x 2" Duct Tape | _____ | _____ |
| 1 Oral Rehydration Salts | _____ | _____ |
| 4 Cold Medication tablets .. | _____ | _____ |
| 4 Antihistamine tablets | _____ | _____ |
| 4 Antacids | _____ | _____ |
| 6 Antidiarrhea meds | _____ | _____ |
| 4 Motion Sickness Tablets . | _____ | _____ |

Intermediate (in addition to your basic travellers first aid supplies)

- | | | |
|---------------------------------|-------|-------|
| 10 Butterfly Closures | _____ | _____ |
| 2 4x4 Moleskin | _____ | _____ |
| 2 Cotton tipped Applicators | _____ | _____ |
| Thermometer | _____ | _____ |
| 6 Ibuprofen tablets | _____ | _____ |
| 6 Aspirin tablets | _____ | _____ |
| 2 Insect sting relief pads | _____ | _____ |
| 6 Antibiotic ointment packs | _____ | _____ |
| 4 Stomach upset tablets | _____ | _____ |
| 1 pr. EMT Utility Shears | _____ | _____ |
| 1 Irrigation Syringe | _____ | _____ |
| 1 Sam Splint | _____ | _____ |
| 1 Disposal Sterile Needle .. | _____ | _____ |
| 1 Nylon Suture Thread | _____ | _____ |



BASIC WILDERNESS FIRST AID:

Always carry basic supplies on trips of any length; adapt your kit for more demanding trips. Pre-assembled kits are convenient for beginning backpackers. If you have basic supplies you are better prepared to help when others are hurt. Simply having first aid supplies can help you stop bleeding, prevent infection and assist in decontamination. Minor scrapes, cuts, a bee sting or a headache can happen anywhere, anytime. It pays to be prepared.

Understand basic first-aid principles; **always** carry a manual. Read the entire first-aid manual so you'll understand how to use the contents of your kit. Check your first-aid kits and supplies regularly, at least every six months, to replace supplies that have expired.

In addition, take a first-aid course to prepare for a possible medical emergency. Be sure the course covers cardiopulmonary resuscitation (CPR) and how to use an automatic external defibrillator (AED). Renew your CPR certification at least every two years.

One of most important rules when dealing with any first aid or medical care is personal protection. Wear gloves and protective gear when attending to any victims. Always survey the area of the victim. What caused the injury? Make sure the scene is safe to precede. If not, you can easily end up in the same situation.

IMPORTANT A-B-C:

Airway- is the victim's airway constricted

Breathing – simple enough, is the victim breathing

Circulation – is the victim's heart beating.

SNAKEBITE FIRST AID

Most North American snakes aren't poisonous. Some exceptions include the rattlesnake, coral snake, water moccasin and copperhead. If you've experienced a snakebite, seek medical attention as soon as possible, especially if the bitten area changes color, begins to swell or is painful.

1. Remain calm
2. Don't try to capture the snake
3. Immobilize the bitten arm or leg and try to stay as quiet as possible
4. Remove jewelry, because swelling tends to progress rapidly
5. Apply a loose splint to reduce movement of the affected area, but make sure it is loose enough that it won't restrict blood flow
6. Don't use a tourniquet or apply ice
7. Don't cut the wound or attempt to remove the venom

HYPOTHERMIA FIRST AID

When exposed to cold temperatures or to a cool, damp environment for prolonged periods, your body's control mechanisms may fail to keep your body temperature normal. When more heat is lost than your body can generate, hypothermia can result.

1. Call for emergency medical assistance. While waiting for help to arrive, monitor the person's breathing. If breathing stops or seems dangerously slow or shallow, begin cardiopulmonary resuscitation (CPR) immediately.
2. Move the person out of the cold. If going indoors isn't possible, protect the person from the wind, cover his or her head, and insulate his or her body from the cold ground.
3. Remove wet clothing. Replace wet things with a warm, dry covering.
4. Don't apply direct heat. Don't use hot water, a heating pad or a heating lamp to warm the victim. Instead, apply warm compresses to the neck, chest wall and groin. Don't attempt to warm the arms and legs. Heat applied to the arms and legs forces cold blood back toward the heart, lungs and brain, causing the core body temperature to drop. This can be fatal.
5. Don't give the person alcohol. Offer warm *nonalcoholic* drinks, unless the person is vomiting.
6. Don't massage or rub the person. Handle people with hypothermia gently, because they're at risk of cardiac arrest.