FIRST-AID KIT

BASIC KIT: Packed in an First Aid Pouch

HARDWARE:

1. Box mixed bandaids
10. 2 x 2 gauze sponges
6. Exam gloves
20. Triple Antibiotic ointment packets
1. 8 oz. Tincture of Benzoin
10. Alcohol prep pads
1. Trauma Scissors
1. 1” adhesive tape

1. Cold Pack
1. Tweezers
1. 50 sq. in. Moleskin
1. Tube Petroleum Jelly
1. Sunscreen
1. Insect Repellant
1. Activated Charcoal
1. New Skin liquid bandage

EMERGENCY KIT: Packed in a Fanny Pack

HARDWARE:

1. Zinc oxide
2. Combine Dressing
1. 2” adhesive tape
10. 4 x 4 gauze sponges
1. Chlorine Bleach
5. 2 x 3 Telfa pads
4. Exam gloves
10. Alcohol prep pads
2. 3” Ace bandage
1. Betadine (Povidone Iodine)
1. Inflate-a-Shield CPR mask
1. Bottle Polar Pure

2. Cold Packs
5. Maxi-pads
1. Box waterproof matches
2. 2” Roller gauze
2. Triangular Bandages
1. SAM splint
1. Extractor kit
6. Blanket Pins
2. Ammonia Inhalants
1. Oral Thermometer
1. Space Blanket
3. Electrolyte Rehydration solution

MEDICATIONS:

20. Tylenol/Cetaphen (pain/fever)
20. Ibuprofen/Propinal (pain)
20. Peptobismal (GI distress/diarrhea)
10. Ducolax (laxative)
10. Diarrhest (anti-diarrheal)

20. Pseudoephedrine/SudoTab (allergies)
1. Tube Hydrocortisone cream (skin rashes)
10. Sting-eze (bee sting topical analgesic)
20. Benadryl/Diphen (anti-histamine)
4. Epipens (anaphylaxis) – This is a prescription drug item. Any individuals on the trip with severe allergies to such things as bee stings should bring their own. Contact your physician for more information

REPORTING:

3. Accident/Close Call Forms
3. Information Report Forms

2. SOAP Note Forms
2. Emergency Information Reports