

Comprehensive First Aid Kit



These listings are additional to (and include) the routine care kit and are meant for a more complete Base Camp selection and/or trained response.

GREEN indicates minimums in essentials and first aid. **RED** indicates preferred secondary essentials, while **PURPLE** indicates nice to have.

Equipment: This check-off selection is representative of items used in the field and is meant to be neither all-inclusive nor medically instructive. The choices are yours.

- Adult / child oral pharyngeal airway.
- BP cuff and Sprague style stethoscope (take the wet, altitude).
- Emergency space bag (blanket) / isothermal.
- **First Aid Container, clearly marked (Harper, Consterra, etc.).**
- **Irrigation syringe (60cc with tubing, 10cc).**
- Safety razor (remove hair, not eyebrow).
- **Leatherman tool or equivalent (SOG, Gerber, etc.) micro size is nice.**
- Scalpel (No. 11 blade, razor blade).
- **Pocket mask with one way valve (CPR microshield) Laerdal.**
- **Small sharp scissors.**
- **Thermometer (hypo, hyper, digital).**
- Anti-bacterial soap (antiseptic pads) in liquid container.
- **EMT scissors (3 sizes available) trauma.**
- Condoms for use with rectal thermometer, enema, etc.
- Green Soap Sponges, four.
- **Needle (1" hypodermic, 20-22 gauge).**
- **Safety pins (large and small).**
- **Latex gloves, min. of 1 - 2 pairs (Isolation-heavier, P2).**
- **Sawyer Extractor.**
- Sharp durable knife, larger (Spiderco, Buck, serrated edge helpful).
- **Suck-bulb syringe.**
- **Tweezers (splinters, ticks, cleaning tool).**

Miscellaneous: This check-off selection is representative of items used in the field and is meant to be neither all-inclusive nor medically instructive. The choices are yours.

- **Very Small flashlight (extra batteries/bulb). Penlight OK.**
- 100' P-cord or 6mm cord (smallest to hang a person off for rescue).
- 10+ Essentials (carry with you, see above).
- Sunscreen (15+ SPF brands such as Presun, Alligator, Bullfrog).
- Insect repellent (50% Deet or less, Green Ban or Natrapel for short term use, Permanone tic repellent for clothing).
- **Blister Kit (suggested Second Skin made by Spenco acts as a moist cushion, 1 inch wide medicine tape, moleskin, and a needle).**
- **Aerial flares (at least two).**
- Bandaging and splinting supplies.
- 18 gauge stainless picture frame wire.
- Pens / Pencils.
- Liability and Medical release forms with emergency phone numbers.
- **Calamine lotion / Ammonia for stings.**
- **Oral rehydration packets.**
- Headlamps nice.
- **Cylume lights (at least 2, 12 hrs. or longer).**
- Lipbalm.
- **First Aid Guide for the untrained.**
- **Zinc oxide for nose and lips.**
- Foot powder.
- **Dental Kit (Tooth and filling repair like Cavit, Orabase, Orthodontic wax, Anbesol, Zilactin, or Numzit).**
- Tecnu (special liquid soap to wash with after exposure to poisonous plants).
- Quarters for telephone, showers, etc.
- 20 feet of 1" tubular webbing (tubular surgical cord also nice).
- Soap note booklet.
- Sharp: Permanent marker.
- Polar Pure Iodine water disinfectant will treat up to 2,000 quarts, use solution only (not crystals) not effected by age, air, temperature.
- Safety glasses.
- **Roll of 1" cloth tape.**

- Cloth band-aides (large and small, assorted shapes, butterfly knuckle, etc.).
- 5x9 gauze pads (Vaseline type also available).
- **Combine Dressings.**
- 3 X 4 or larger non-stick Telfa pads.
- Ziploc bags (Qt., Gal).
- 3" roller gauze (comes in various widths 1"- 4"). 2" roller gauze is also popular.
- Roll of Vet Rap (to wrap horse legs, great for holding things together).
- **Triangular bandages, at least two (Bandannas can also be used).**
- Vaseline (Zinc Oxide, K-Y jelly, lubricating foil packs).
- **Moleskin (also makes molefoam).**
- Wet proof tape (various widths).
- Large trash bags- at least two (33 + gal. use as hypo pack, liner, rain coat, etc.).
- Aluminum foil.
- Steri-strips (paper-sutures) microthin bandages like Tegaderm.
- Surgical or Gelfoam (clots blood).
- 4 x 4 Topper sponge (dressings).
- 4 X 4 gauze pads (comes in various sizes 2 x 2, 3 x3, etc.).
- Good Duct Tape (3M or Nashua part 357), warp around pencil.
- **4" Ace bandage (can also get in various widths).**
- 3"x 5 yds. Coban self-adherent wrap.
- Towelets, cotton pellets or rolls.
- **SAM splint (can also get wire, etc.).**
- Wrist splint.
- Q-tips (wood shaft does not get soggy and bend).
- Spenco 2nd skins (comp and good for blister people).
- Tampons-Absorbent packs (surgi-pad, sanitary napkins).
- Eye patches, mouth mirror.
- **Roll adhesive tape (athletic tape) use to break in new shoes, put on back of heel.**
- **Instacold and Instaheat compresses / packs.**

Note: Remember that larger sizes / widths can be cut down for smaller uses.

Medications/Solutions: This check-off selection is representative of items used in the field and is meant to be neither all-inclusive nor medically instructive. The choices are yours.

- Anti-Bacterial ointment (Tribiotic, Neosporin, others), Bacitracin or Bactroban by prescription.
- **Injectable Epinephrine (Anvakit, Guard, and Epi-pen) give Benadryl after shot.**
- Betadine (+Bevizal, Konium, Benzoine, Providone), 10%providone iodine solution.
- Alcohol prep pads, sting-ease swabs, sunburn creams or ointments.
- Iodine (5 drops/quart), Iodine paste-solution 10%, Tincture of Benzoine-liquid.
- **Hydrocortisone ointment (Cortaid, Anusol-HC).**
- Calamine lotion or other analgesic (eases pain) balms.
- Steroid creams to decrease allergic reaction (Cortaid, Kenalog ointment by prescription).
- **Antibiotic Eye drops and Eye wash, (ok for contacts, no vasoconstrictors, saline, boric acid).**
- **Oral glucose (Honey packets, cake icing, Insta-glucose).**
- Femstat 3 day (+Monistat, Micatin) yeast infection medication, also Gyne-Lotrimin.
- **Milk of Magnesia (Maalox, Tums, Mylanta, Pepcid, Tagamet, Acid, and Zantac).**
- **Pepto Bismol (do not use on anyone allergic to aspirin) follow with BRAT diet of Bananas, rice, applesauce and toast. Try ginger tablets.**
- **Imodium AD (+ Kaopectate, Bentyl), try milder (like Pepto) first.**
- Lomotil (+Logen, Lofene).
- **Laxatives (Colace-stool softener, Ex-Las), also, mineral oil and Haley's MO.**
- Universal Poison antidote.
- Ammonia inhalants.
- Oral Rehydration (diarrhea).
- Silvadene cream-burns 1% (+SSD AF, SSD cream, Thermazene).
- **Ibuprofen (or other aspirin substitute such as Aleve, Advil, Motrin, Medipren), also Neprin.**
- **Tylenol (+Panadol, Datriil, Bromo Seltzer, Anacin) no anti-inflammatory qualities.**
- Aspirin taken with food helps minor pain, lowers fever, anti-inflammatory, sunburn, buffering helps, blood thinner (**Do not give Aspirin to children**); (+Bayer, Bufferin, Ecotrin, Empirin), the most miraculous drug discovered.
- **Benadryl for insect stings, hives, hay fever, motion sickness, nausea, induces sleep (+Somnex, Sleepeze 3, Noradryl, Allermax, Belix, Diphen, Nytol).**
- Atarax, instead of Benadryl (+Anaxanil, Vistaril, Periaetin, Tavist-D also).
- Pain relievers (Naprosyn, Anaprox), stronger pain relievers such as Toradol or Vicodin (prescription of Tylenol with codeine).
- **Sleep aids (Benadryl-above, Excedrin PM, Tylenol PM).**
- **Anti-Nausea (Antivert-Meclizine, Antrizine, Bonine, Dramamine).**

- Cold-Cough (Contact, Dristan, Deconamine-Sudafed, Allerest, Naspril, Chlor-Trimeton for hay fever cold symptoms (Sudafed Plus, Drixoral), try decongestants that don't make you sleepy.
- Throat lozenges, nasal spray such as Afrin.
- Diamox (+Ak-zol, Decadron, Dazamide) for high altitude, but increases resp / urination.
- Valium (+Diazepam, Xanax, Alprazolam) for anxiety and to relax muscles.
- Naphcon-A (+Clear-Eyes, VasoClear), decongestant and vaso constrictor.
- Power bars (+Goo, Gu, other energy rations, use least favorite flavors).
- Rashes caused by fungal infections (Tinactin, Lotrimin), Lotrisone (clotrimazole with betamethasone).
- Vicodin (for heavy pain also known as Lortab, Norcet, Zydone), other anxiety drugs are Serax, Ativan, Librium, Tranxene, Klonopin.
- Non-sedating prescription histamines: Allegra, Claritin, Zyrtec

Note: Store in separate airtight plastic containers or Ziploc bags. Print off labels for accurate information on all medications carried and a letter authorizing the use of restricted substances. Rx medications as MD recommends, plus vitamins / minerals required and have enough to last entire trip plus a possible delay.

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Other medications:

- Giardia Treatments (Quinacrine, Metronidazole, Furazolidone, Tinidazole).
- Narcotic Analgesics (Tylenol with codeine).
- Skin and Respiratory (Antibiotics for bacterial infections); Erythromycin (Pediazole), Augmentin (Amoxicillin), Biaxin (Clarithromycin), Zithromax (Azithromycin), Keflex (Keftab, Keflet), Floxin (Ofloxacin), Ceclor (Cefaclor).
- Penicillin antibiotics (Pathocil, Dicloxacillin, Dycill, Dynapen) and (Omnipen-Ampicillin, Polycillin, Principen, Totacillin).
- Penicillin alternatives (Achromycin-Tetracycline, Tetracycl, Panmycin, Sumycin).
- Anti-Dysentery (Cipro-Ciloxan) does double duty against urinary tract infection.
- GI/GU treatments (Septra-Bactrim, Cotrim, Sulfatrim, Uroplus) and (Flagyl-Metizol, MetroGel, Femazole, Protostat, Satric).
- Malaria (Doryx-VibraTabs, Doxy-Caps) Take if in region 4 mos. or less.

Vaccinations: For 2yrs. or older. Also check Centers for Disease Control (<http://www.cdc.gov/travel/>) and U.S. State Department (www.travel.state.gov/travel_warnings).

- Diphtheria, Pertussis, Tetanus (DtaP): 4 doses as child, 1 dose as adult, (Td) every 10 years.
- Polio: (IPV) 4 doses – Once, can be given booster if adult at risk.
- Measles, Mumps, rubella (MMR): Once, booster if born after 1956.
- Hepatitis A: 6-12 months need booster, IG (immune-globulin), vaccine 10yrs.
- Yellow Fever: 10 years.
- Meningococcal Meningitis: 3-5 years.
- Cholera: 6 months.
- Pneumococcal: Once, over 50 years or chronic problems, booster every 5 yrs.
- Influenza: Annually, over 50 or chronic problems.
- Rabies: 3 doses for pre-exposure, but only reduces later doses if required.
- Typhoid fever: 2 years.
- Hepatitis B: three doses over 6 months or 4 accelerated series – 12yrs.