

Paul's First Aid Kit*

Cuts and scrapes:

Nitrile exam gloves
Benzalkonium chloride antiseptic towelettes**
Triple antibiotic ointment with pain reliever**
Band-Aids**
EMT shears
Irrigation syringe
Ziploc bag (for improvised irrigation/chest seal)**
4X4 gauze pads
1" medical tape**
Elastic adhesive tape (Tensoplast)
Triangular bandage
Steri-Strips and compound tincture of benzoin
Olaes bandage
Combat Gauze
Tourniquet

Blisters:

Duct tape/elastic adhesive tape (Tensoplast)
Scalpel blade/small Swiss Army knife**
Molefoam/moleskin**
Band-Aids**
Triple antibiotic ointment with pain reliever**
Safety pins*
Benzalkonium chloride antiseptic towelettes**

Joint injuries:

Instant cold pack
Ziploc bag (for improvised cold pack)**
Elastic wrap
1" medical tape**
Triangular bandage
Safety pins**
Naproxen (Aleve) 220mg**
Ibuprofen (Advil, Motrin) 200 mg**

Fractures:

SAM splint
Triangular bandage
Elastic wrap
Elastic adhesive tape (Tensoplast)
Safety pins**

Ingrown toenail:

Cotton ball**

Splinters/ticks:

Splinter tweezers (Uncle Bill's)

Stuff in eye:

Mirror**
Q-tip swab

Sunburn:

Sunburn gel (Ocean Potion Ice)

Dehydration:

Electrolyte replacement tabs (Camelbak Elixer) ***

Itch from bites and stings, or rashes:

Sting swabs***
Hydrocortisone cream 1%

Allergies:

Diphenhydramine (Benadryl) 25 mg***

Marine life injuries:

Vinegar
Body warmer instant hot packs

Hypoglycemia:

Sugar (Level Life glucose gel) ***

Hypothermia:

Body warmer instant hot packs

Heart attack:

Aspirin 325 mg**

Fever/pain/acute mountain sickness:

Acetaminophen (Tylenol) 325 mg

Diarrhea:

Loperamide (Immodium) 2 mg

Records/medical waste:

Paper and pencil/pen
Ziploc bag**

*For looking super competent:*****

Pulse oximeter

**Does not list backcountry gear that can be used to improvise care, such as a foam pad for a splint, trekking poles for crutches, safety pins for airway management, chlorine dioxide for animal bites, a garbage bag poncho or hot chocolate for hypothermia, water purification tablets for dehydration, or a hydration tube for a nasopharyngeal airway*

***For lightweight first aid kit*

****Possible addition to lightweight first aid kit*

*****To be super competent, remember scene safety, LOC, CC, consent, ABCDE, Hx (w/ SAMPLE), exam, and vitals*