

The Backpacker's Field Manual

FIRST-AID KIT

BASIC KIT: Packed in an First Aid Pouch

HARDWARE:

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|----|------------------------------------|---|-------------------------|
| 1 | Box mixed bandaids | 1 | Cold Pack |
| 10 | 2 x 2 gauze sponges | 1 | Tweezers |
| 6 | Exam gloves | 1 | 50 sq. in. Moleskin |
| 20 | Triple Antibiotic ointment packets | 1 | Tube Petroleum Jelly |
| 1 | 8 oz. Tincture of Benzoin | 1 | Sunscreen |
| 10 | Alcohol prep pads | 1 | Insect Repellant |
| 1 | Trauma Scissors | 1 | Activated Charcoal |
| 1 | 1" adhesive tape | 1 | New Skin liquid bandage |

EMERGENCY KIT: Packed in a Fanny Pack

HARDWARE:

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| 1 | Zinc oxide | 2 | Cold Packs |
| 2 | Combine Dressing | 5 | Maxi-pads |
| 1 | 2" adhesive tape | 1 | Box waterproof matches |
| 10 | 4 x 4 gauze sponges | 2 | 2" Roller gauze |
| 1 | Chlorine Bleach | 2 | Triangular Bandages |
| 5 | 2 x 3 Telfa pads | 1 | SAM splint |
| 4 | Exam gloves | 1 | Extractor kit |
| 10 | Alcohol prep pads | 6 | Blanket Pins |
| 2 | 3" Ace bandage | 2 | Ammonia Inhalants |
| 1 | Betadine (Povidone Iodine) | 1 | Oral Thermometer |
| 1 | Inflate-a-Shield CPR mask | 1 | Space Blanket |
| 1 | Bottle Polar Pure | 3 | Electrolyte Rehydration solution |

MEDICATIONS:

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|----|------------------------------------|----|--|
| 20 | Tylenol/Cetaphen (pain/fever) | 20 | Pseudophedrine/SudoTab (allergies) |
| 20 | Ibuprofen/Propinal (pain) | 1 | Tube Hydrocortisone cream (skin rashes) |
| 20 | Peptobismal (GI distress/diarrhea) | 10 | Sting-eze (bee sting topical analgesic) |
| 10 | Duocolax (laxative) | 20 | Benadryl/Diphen (anti-histamine) |
| 10 | Diarrhest (anti-diarrheal) | 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:

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| 3 | Accident/Close Call Forms | 2 | SOAP Note Forms |
| 3 | Information Report Forms | 2 | Emergency Information Reports |