

Major First Aid

OUTER FLAP

- ☐ Latex Gloves (4 pair)
- ☐ Hand Sanitizer (small bottle)
- ☐ Band-Aids (At Least 20)
- ☐ Steri-Strips (4)
- ☐ Tegaderm Transparent Dressing (4)
- ☐ Burn Pads (2nd Skin) (3)
- ☐ Moleskin (2 Sheets)
- ☐ Alcohol Wipes (6)

MAIN COMPARTMENT

- ☐ CPR Mask
- ☐ Epinephrine and Syringes (2 Vials)
- ☐ Large Sterile Gauze (1)
- ☐ Sterile Gauze Pads (5@4x4)
- ☐ Sterile Gauze Rolls (2)
- ☐ Quick Clot (1)
- ☐ Povidone Iodine Solution (8 oz)
- ☐ First Aid Tape (1)
- ☐ Antibiotic Cream (Neosporin) (1)
- ☐ Irrigation Syringe (1)
- ☐ Triangular Bandages (2)
- ☐ Coban Self Adhesive Dressing (1)
- ☐ Ace Wrap (1)
- ☐ Trauma Shears (1)
- ☐ Tampons (4)
- ☐ Multi-Symptom Cold Relief
- ☐ Oral Rehydration Salts

PAPERWORK

- ☐ Pen, Pencil, Paper
- ☐ SOAP Notes (4)
- ☐ WMI Wilderness Medicine Book
- ☐ NWRC Wilderness Medical Guidelines
- ☐ First Aid Kit List

LEFT POCKET

- ☐ Tweezers (1)
- ☐ Safety Pins (2)
- ☐ Lighter (1)
- ☐ Temporary Dental Filling
- ☐ Dental Pain Reliever (Orasol)
- ☐ Oral Glucose
- ☐ Eye Drops
- ☐ Chapstick
- ☐ Thermometer

RIGHT POCKET

- ☐ Antihistamine (Benadryl) (4 packets)
- ☐ Ibuprofen (Advil) (6 packets)
- ☐ Aspirin (6 packets)
- ☐ Acetaminophen (Tylenol) (6 packets)
- ☐ Antacid (Tums)
- ☐ Anti-Diarrheal (Loperamide)
- ☐ Pepto Bismol chews
- ☐ Laxative

IN EXPEDITION BOX

- ☐ AED
- ☐ Pocket Valve Bag Mask (BVM)
- ☐ SAM Splint
- ☐ Extra Gauze, Coban, and Ace Wrap

THINGS TO CONSIDER

- ☐ CAT Tourniquet
- ☐ OPAs/NPAs

Trip Date: _____

Checked By: _____