

Medium First Aid

PERSONAL PROTECTION

- ☐ Latex gloves (4 pair)
- ☐ Hand sanitizer (small bottle)
- ☐ CPR Mask (1)

MEDICATIONS

- ☐ Ibuprofen
- ☐ Aspirin
- ☐ Antihistamine (Benadryl)
- ☐ Tylenol

WOUND MANAGEMENT

- ☐ Band-Aids (15)
- ☐ Steri-Strips (4)
- ☐ Tegaderm Transparent Dressing (2)
- ☐ 4x4 Sterile Gauze Pads (4)
- ☐ Quick Clot (1)
- ☐ 1" Cloth Tape (Large Roll)
- ☐ Antibiotic Cream - Neosporin (1)
- ☐ Moleskin
- ☐ Irrigation Syringe
- ☐ Tweezers and Safety Pin
- ☐ Lighter

SPLINTING

- ☐ Triangular Bandages (2)
- ☐ Ace Bandage (1)
- ☐ Coban adhesive dressing (1)
- ☐ Trauma Shears (1)
- ☐ Sam Splint (optional)

PAPERWORK

- ☐ Pen, Pencil, Paper
- ☐ SOAP Notes (2)
- ☐ Accident Report Form
- ☐ NOLS First Aid Book
- ☐ NWRC Medical Guidelines