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LEADER OR GROUP AND INDIVIDUAL PARTICIPANT SUGGESTED FIRST AID KITS

UNIVERSAL PRECAUTIONS:

RUBBER GLOVES, LARGE, NON LATEX, STRONG
MOUTH-TO-MOUTH BARRIER
BIOHAZARD BAG

1 PAIR IN A FILM CANISTER
1 MICRO SIZE
1 QUART ZIPLOC BAGGIE

BANDAGES:

BAND-AIDS, MEDIUM
BAND-AIDS, EXTRA LARGE +
BUTTERFLY CLOSURES, LARGE
NON-STICK PADS, 2x3
NON-STICK PADS, 3x4
NON-STICK PAD, 4x4 +
GAUZE BANDAGE, 2 INCH
TRAINER'S ADHESIVE TAPE, 1 INCH
ELASTIC BANDAGE, 2 INCH
MOLESKIN, 2x3 +

3
3
4
3
2
3
2 ROLLS
1 ROLL
1 ROLL
1 SHEET CUT TO CONVENIENT SHAPES

ANTISEPTICS:

MOIST TOWELETTES FOR WASH UP
ALCOHOL PREP TOWELETTES +
GAUZE 2x2s
POLYSPORIN ANTIBIOTIC OINTMENT +

2
4
4
2 INDIVIDUAL FOIL PACKET'S

OVER THE COUNTER DRUGS:

ASPIRIN, ANALGESIC, BLOOD THINNER, HEART ATTACK +
TYLENOL (ACETAMINOPHEN), ANALGESIC
ROLAIDS +
DOXIDAN, LAXATIVE
IMODIUM AD, ANTI-DIARRHEAL +
MOTRIN, (IBUPROFEN) FOR PAIN AND SWELLING +
BENADRYL, ANTIHISTAMINE

Use directions from your packages
4 TABS, 1 TO 2 EVERY 4 HRS
4 TABS, 2 EACH 4 TO 6 HRS
6 TABS, 1 TO 2 CHEWED EACH 4 HRS
2 TABS, 1 OR 2 PER DAY
4 TABS, 2 1ST, 1 2ND, 4/DAY
5 TABS, 1 TO 2 PLUS EVERY 4 HOURS
4 TABS, AS NEEDED

(Rx VICODIN, PAIN) +

Get your personal Rx from your MD

ELECTROLYTES AND GLUCOSE:

GATOR AID, ELECTROLYTE REPLACEMENT PACKET +
GU, 100 CALORIES OF SIMPLE CARBOHYDRATE +

1 QUART WHEN MIXED WITH WATER
2 PACKETS

OTHER ITEMS:

COTTON SWABS
SAFETY PINS, LARGE
SIMPLE CLOTH "TRIANGULAR BANDAGE"
"SPACE BLANKET", SMALL +

2
2
1
1

FORMS AND WFA INSTRUCTION BOOKLET, BAG:

OUR OWN ACCIDENT/RESCUE REQUEST FORM +
PENCIL, #2, SHORT +
THIS FIRST AID KIT LIST

2
1
1

"BACK COUNTRY FIRST AID EXTENDED CARE.", 5th Ed. 2007, by B. Tilton, Wilderness Medicine Institute, NOLS
STUFF BAG, SMALL LIGHT WEIGHT, TOTAL FILLED, ONLY 12 OZ FOR THIS SUGGESTED GROUP KIT!
PUT YOUR PERSONAL FIRST AID SUPPLIES IN A QUART SIZED ZIPLOC BAG, 4 OZ.

+ = MINIMUM SUGGESTED FIRST AID SUPPLIES ALWAYS IN EACH INDIVIDUAL CLIMBER'S SUMMIT PACK

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"SOAP NOTES"