

FIRST AID KIT

The Mountaineering First Aid Kit

Item	Quantity and Size	Use
Adhesive Bandages	6, 1- inch	Minor wounds
Butterfly bandages	3, various sizes	Minor lacerations
Sterile gauze pads	3, 4"x4"	Larger wounds
Absorbent materials	5" x 9" Trauma pad	Severe bleeding
Non adherent dressings	2, 4"x 4"	Abrasions, burns
Roller bandage	2 rolls, 2" x 5 yards	Holding dressing in place
Cloth based adhesive tape	2" wide roll	Multiple use
Triangular bandage	2, 36" x 36" x 52"	Sling, Bandaging
Moleskin/Molefoam	4" to 6" square	Blisters
Tincture of Benzoin	½ ounce	Adhesive, protects skin. (optional)
Provo Iodine	2 swabs	Antiseptic
Alcohol or soap pads	3 pkgs	Cleanse skin
Thermometer	90F-105F	optional
Sugar packet	4 packages	Diabetes
Aspirin, Acetaminophen, Diphenhydramine	6 tablets each	Headache, pain, allergic reactions
Elastic Bandage	1	Sprains, RICE
Barrier Gloves	2 sets	Barrier against infection
CPR Face Shield	1	Protection if giving CPR
Bacitracin	2 packages	Infection
Tweezers	1	Removing splinters
Gel Pads	1	Cooling protection for blisters, burns
Safety pins	3 large	
Hand warmers	2	Cold therapy
Sam splint	1	Splinting (optional)
Plastic bag	1, 12" x 18"	Hold contaminated material
Accident Report Form	2	Search and Rescue request- <u>Note-</u> Write in Rain forms given at end of class
Personal Medication		