



First Aid Kit Checklist

Client: _____

Put-in day: _____

Trip: _____

Take-out day: _____

This list represents the basic major first aid kit for a trip. Add trip-specific (locale, known medical conditions) components as necessary.

<u>Packed</u>	<u>Qty.</u>	<u>Item</u>
<u>FIRST AID:</u>		
<input type="checkbox"/>	_____	Cotton swabs
<input type="checkbox"/>	<u>2</u>	Eye pads
<input type="checkbox"/>	<u>1</u>	Porous adhesive tape, 1" x 10 yd.
<input type="checkbox"/>	<u>20</u>	Band-Aids (butterfly, etc.)
<input type="checkbox"/>	<u>10</u>	Gauze pads, 2x2"
<input type="checkbox"/>	<u>10</u>	Gauze pads, 4x4"
<input type="checkbox"/>	<u>2 rolls</u>	Gauze roller bandage (Kling), 3"
<input type="checkbox"/>	_____	Sanitary pads (with ties) for bulky dressings
<input type="checkbox"/>	<u>10</u>	Steri-strips
<input type="checkbox"/>	_____	Tincture of benzoin (for adhesion)
<input type="checkbox"/>	_____	Alcohol/anti-bacterial prep pads (Zephiran)
<input type="checkbox"/>	<u>1 pkg.</u>	Moleskin or second skin (for blisters)
<input type="checkbox"/>	<u>2</u>	Triangular bandages
<input type="checkbox"/>	<u>2</u>	Tensor bandages
<input type="checkbox"/>	<u>4 pr.</u>	Gloves, latex
<input type="checkbox"/>	<u>1</u>	Airway/barrier device
<input type="checkbox"/>	<u>2</u>	Splints material (Sam)
<input type="checkbox"/>	<u>4</u>	Burn pads
<input type="checkbox"/>	<u>1</u>	Survival blanket

<u>Packed</u>	<u>Qty.</u>	<u>Item</u>
<u>MEDICATIONS:</u>		
<input type="checkbox"/>	<u>1</u>	Antihistamine (Benadryl/Chlortripolon)
<input type="checkbox"/>	<u>1</u>	ANAKIT (if potential for use)
<input type="checkbox"/>	_____	Anti-nausea (Gravol oral or supp.)
<input type="checkbox"/>	_____	Laxative
<input type="checkbox"/>	_____	Anti-diarrhea
<input type="checkbox"/>	_____	Anti-inflammatory (Ibuprofen)
<input type="checkbox"/>	_____	Analgesic (Tylenol with codeine 8 mg)
<input type="checkbox"/>	<u>1</u>	Anti-bacterial ointment (Polysporin/Bactroban)
<input type="checkbox"/>	_____	Oil of Clove (for toothache)
<input type="checkbox"/>	_____	Rehydration mix (Gastrolyte)
<input type="checkbox"/>	_____	Antacid

<u>MISCELLANEOUS:</u>		
<input type="checkbox"/>	<u>1</u>	First Aid Manual
<input type="checkbox"/>	<u>1</u>	Sunscreen/sun block, 30+ SPF
<input type="checkbox"/>	<u>4</u>	First Aid Report
<input type="checkbox"/>	<u>1</u>	Pencil
<input type="checkbox"/>	<u>1</u>	Scissors
<input type="checkbox"/>	<u>1</u>	Tweezers
<input type="checkbox"/>	<u>1</u>	Irrigating syringe, 20 - 35 cc
<input type="checkbox"/>	<u>1</u>	Disposable razor
<input type="checkbox"/>	<u>10±</u>	Safety pins
<input type="checkbox"/>	<u>1</u>	Hypothermia thermometer
<input type="checkbox"/>	<u>1</u>	Hypothermia thermometer
<input type="checkbox"/>	<u>2</u>	Biohazard disposal bag