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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 +
ABSORBENT PAD, 4x4 +
GAUZE BANDAGE, 2 INCH +
TRAINER'S ADHESIVE TAPE, 1 INCH +
ELASTIC BANDAGE, 2 INCH
MOLESKIN, 2x3 +

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

ANTISEPTICS:

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

2
4
4
3 INDIVIDUAL FOIL PACKET'S

OVER THE COUNTER DRUGS:

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

Use directions from your packages
4 TABS, 1 TO 2 EVERY 4 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
8 TABS, 2 EVERY 4 TO 6 HOURS
4 TABS, see your package

Rx VICODIN, PAIN +

Get your personal Rx from your MD

ELECTROLYTES AND GLUCOSE FOR BONKING PROBLEMS:

GATOR AID, ELECTROLYTE REPLACEMENT PACKET +
CLIFF "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 +

4
2
1
1

FORMS AND WFA INSTRUCTION BOOKLET, BAG:

TRADITIONAL 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 Tilton, Wilderness Medicine Institute of NOLS

STUFF BAG, SMALL, LIGHT NYLON, TOTAL FILLED: ONLY 12 OZ FOR THIS SUGGESTED GROUP KIT!

NOTE: PUT YOUR PERSONAL FIRST AID SUPPLIES IN A STRONG QUART SIZED ZIPLOC BAG, TOTAL 4 OZ!

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

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YOUR NOTES here and on the reverse!