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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  
**ANTIBIOTIC OINTMENT +**

2  
**4**  
4  
**2 INDIVIDUAL FOIL PACKET'S**

### OVER THE COUNTER DRUGS:

**ASPIRIN, ANALGESIC, BLOOD THINNER: HEART ATTACK +**  
**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**  
**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, see your package**

Rx VICODIN, PAIN +

Get your personal Rx from your MD

### ELECTROLYTES AND GLUCOSE:

**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 +**

2  
2  
1  
**1**

### FORMS AND W FA 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 NYLON, TOTAL FILLED: ONLY 12 OZ FOR THIS SUGGESTED GROUP KIT!  
**+ NOTE: 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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**YOUR NOTES here and on the reverse!**