

List of Supplies

Some of the items in this list may be kept in your repair kit or elsewhere. The quantity of supplies you include depends on the kinds of problems that are most likely encountered on a trip, as well as the length of the trip, number of people, and possibility of replacing what is used up.

Basic items are in boldface. More specialized items are in lightface. The uses of an item are in italics.

Tools

- Swiss Army knife or Leatherman-type tool** – *Cutting, etc.*
- EMT shears – *Cutting bandages, clothing, boots, etc.*
- Seam ripper – *Opening clothing to expose possible injuries*
- Uncle Bill's Tweezers** – *Removing slivers and wound debris, can also be used to remove ticks*
- Tick Spoon or Tick Pliers – *Removing ticks*
- Needle-nose vise grips – *Equipment repair, gripping needles*
- Safety pins** – *Fastening bandages, closing ripped seams*
- Sewing kit with button and carpet thread – *Repair of clothing, sleeping bags, tents, packs, etc.*
- Small flashlight** – *Checking light response in patient's pupils, doing assessment in the dark*
- Small magnifier – *Removing slivers, ticks, specks from eye*
- Pencil or pen**
- Notepad**
- Coins or call card for phone**
- Hand/body warmers
- CPR mask (small disposable one)
- Cotton-tipped applicators
- Mini marshmallows – *Removing contact lenses, quick sugar source*
- Rubber cement – *Removing small cactus needles and nettles*

Containers

- Vinyl zipper envelope or small freezette container – *Personal kit*
- Nylon zipper bags with compartments – *Group kit*
- Ammo boxes – *Large kit*
- Ziplock bags – *Organize items*
- Film cans/plastic equivalent – *Organize pills and other small items*
- Squeeze bottles – *Liquids, e.g., disinfectant*

Cleaning and Disinfecting

- Non-latex gloves (e.g., nitrile)**
- Liquid soap**
- Surgical scrub
- Povidone iodine (liquid)** – *Disinfecting*
- Benzalkonium chloride prep pads** – *Cleaning and disinfecting hands, skin around wound*
- Syringe with catheter tip or equivalent – *Wound irrigation cleansing*

Dressings and Bandages

- Sterile gauze pads (4" x 4")** – *Bleeding control*
- Sterile gauze pads (8" x 10")**
- Trauma pads/battle dressings
- Band Aids (non-stick)** – *Wound protection*

Dressings and Bandages (Cont'd.)

- Adhesive pads (non-stick)
- Triangular bandages – *Securing dressings and splints*
- Gauze rollers (3" or 4") – *Securing dressings or splints*
- Gauze rollers (1" or 2") – *Finger bandages*
- Bias cut stockinette – *Securing dressings*
- Butterfly closures – *Wound closure*
- Knuckle bandages
- Fingertip bandages
- Eye patch
- Moleskin** – *Blister prevention and treatment*
- Mole foam – *Blister prevention and treatment*
- 2nd Skin** – *Blister treatment*
- Athletic tape (3/4")**
- Cloth adhesive tape (1" or 2")
- Duct tape** – *Quick securing of splints, equipment repair, etc.*

Splints

- Wire splints
- SAM splints
- Air splints
- Tongue depressors – *Splinting fingers*
- Traction splint – *For fractured femur*

Medications

- Aspirin – *Mild pain and inflammation*
- Ibuprofen – *Mild pain*
- Antihistamine – *Allergy/asthma*
- Epinephrine inhaler – *Severe asthma or anaphylactic reaction*
- Laxative – *For constipation*
- Electrolyte mix – *Rehydration*
- Hydrocortisone cream (1%) – *Relieve itching*
- Oil of cloves – *Ease toothache*
- Dental first aid kit
- Antifungal powder/ointment
- Lip balm

Survival

- Steel mirror and whistle – *Signaling*
- Shelter or materials to make it
- Extra clothing
- Fire starters
- Emergency food and water disinfecting system
- Sun, insect protection