

BUILDING AND MAINTAINING A WILDERNESS MEDICAL KIT

General Guidelines

1. A perfect medical kit does not exist. Get WFA/WFR training-be resourceful!
2. Evaluate and repack your medical kit before every trip for:
 - a) environmental extremes; b) group size; c) length of trip; d) distance from definitive care; e) availability of rescue; f) preexisting conditions of group members (i.e. diabetes); g) knowledge of contents location.
3. Do not fill you kit with items you do not know how to use.
4. Medications should be packaged separately (a mini zip lock works great) with labels noting the medicine type, uses, dosage and expiration date.
5. Choose specific items for your kit that are versatile rather than particular.
6. Encourage each group member to pack and carry a personal first aid kit.

Injury Management Supplies

Adhesive strips and Butterfly Closures
Sterile gauze pads and/or sterile gauze rolls
Athletic tape, flex tape and/or duct tape
Waterproof tape
Tincture of benzoin compound
Wound closure strips
Micro thin film dressing (Tegaderm)
Large trauma dressings and/or sanitary napkins
Moleskin and/or molefoam
Gel wound covering, such as 2nd Skin
Soap-impregnated cleaning sponges (Green Soap)
Antimicrobial towelettes and/or alcohol wipes
Lightweight splint, such as a SAM Splint
Rubber gloves, Nitrile
Elastic wrap bandage (ACE)
Aloe vera gel (100%)
Anesthetic/Antiseptic Wipes
Cotton tip applicators
Triangular Bandage

Tools

Trauma or EMT shears
Forceps- Splinter Picker/Tick Remover
Irrigation syringe
Thermometer
Disposable scalpels
Safety Pins
CPR Mask
Eye glass repair kit

A good place to start is with a purchased medical kit that comes with many of the hard to find items, and then supplement it with the extras.

Good Things to Add

Instant Ice Pack
Hand Warmers
Chem Lights
Sunscreen
Lip Balm
Emergency Blanket
Gatorade
Tampons
Water Purification Tablets
Emergent-C
Cranberry Supplement (for UTI)
Aquaphor-healing ointment

Medications

Aspirin
Ibuprofen
Acetaminophen
Antihistamine
Antibiotics (if available OTC)
Antidiarrheal
Anti-emetics (nausea/vomiting)
Antifungals
Decongestants
Medicated Power (Gold Bond)
Antacids
Throat lozenges
Insect bite swabs or wipes
Eye drops

Medical Information

First Aid Guide
SOAP Notes
Notepad/Pencil