

Suggestions for Personal First Aid Kit

Your personal first aid kit is your first line of defense. You, and your trip leaders, will use your personal kit to treat the most common injuries you encounter on club trips. You should keep it in a readily accessible place so trip leaders can find it quickly in case of emergency.

We suggest carrying the Adventure Medical Ultralight Medical Kit .3, or equivalent. This kit weighs 2.6 ounces & is available for less than \$10.

We suggest adding the following items:

- Ziploc bag (kit is not sufficiently watertight for many conditions)
- Small supply of A&D ointment (for rapid healing of chafing)
- Hand sanitizer (small bottle)
- Electrolyte powder
- Personal medications
- Health insurance ID card
- Copy of club medical form
- Evacuation insurance ID card, if applicable

Supplies included in the Ultralight Medical Kit .3 are as follows:

- Bandages & Dressings
- 2 – Butterfly Closure Fabric Adhesive Bandage
- 3 – Easy Access Bandages[®], Knuckle Fabric
- 5 – Easy Access Bandages[®], 1" x 3" Fabric
- 3 – Sterile Gauze Dressing, 2" x 2", Pkg./2
- 1 – Conforming Gauze Bandage, 2"
- 1 – Tape, 1/2" x 10 yards
- Cleaning and Topicals
- 3 – Antiseptic Wipe
- 2 – Triple Antibiotic Ointment
- Medication
- 2 – After Bite[®] Bite & Sting Relief Wipe
- 2 – Ibuprofen (200 mg.), Pkg./2
- 2 – Antihistamine (Diphenhydramine 25 mg.)
- Blister
- 1 – Moleskin, Pre-Cut & Shaped (14 pieces)
- 2 – Alcohol Swab
- Instruments
- 1 – Splinter Picker / Tick Remover Forceps
- 3 – Safety Pin