LEADER OR GROUP AND INDIVIDUAL PARTICIPANT SUGGESTED FIRST AID KITS

**UNIVERSAL PRECAUTIONS:**
- **Rubber Gloves, Large, Non Latex, Strong**: 1 pair in a film canister
- **Mouth-to-Mouth Barrier**: 1 micro size
- **Biohazard Bag**: 1 quart ziploc baggie

**Bandages:**
- **Band-aids, Medium**: 3
- **Band-aids, Extra Large +**: 3
- **Butterfly closures, Large +**: 4
- **Non-stick pads, 2x3**: 3
- **Non-stick pads, 3x4**: 2
- **Non-stick pad, 4x4 +**: 3
- **Absorbent pad, 4x4 +**: 3
- **Gauze Bandage, 2 Inch +**: 2 rolls
- **Trainer’s Adhesive tape, 1 Inch +**: 1 roll
- **Elastic Bandage, 2 Inch**: 1 roll
- **Moleskin, 2x3 +**: 1 sheet cut to convenient shapes

**Antiseptics:**
- **Moist towelettes for wash up**: 2
- **Alcohol Prep towelettes +**: 4
- **Gauze 2x2s**: 4
- **Antibiotic Ointment +**: 3 individual foil packet’s

**Over the Counter Drugs:**
- **Aspirin, Analgesic, Blood thinner: Heart attack +**: 4 tabs, 1 to 2 every 4 hours
- **Rolaids +**: 6 tabs, 1 to 2 chewed each 4 hours
- **Doxidan, Laxative**: 2 tabs, 1 or 2 per day
- **Imodium Ad, Anti-diarrheal +**: 4 tabs, 2 1st, 1 2nd, 4/day
- **Tylenol, (Acetaminophen) for pain and swelling +**: 8 tabs, 2 every 4 to 6 hours
- **Benadryl, Antihistamine +**: 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 +**: 1 quart when mixed with water
- **Cliff “Gu”, 100 calories of simple carbohydrate +**: 2 packets

**Other Items:**
- **Cotton Swabs**: 4
- **Safety Pins, Large**: 2
- **Simple cloth “Triangular Bandage”**: 1
- **“Space Blanket”, Small +**: 1

**Forms and WFA Instruction Booklet, Bag:**
- **Traditional Accident/Rescue Request Form +**: 2
- **Pencil, #2, Short +**: 1
- **This First Aid Kit List +**: 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!