**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
- 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: 2 individual foil packet's

**OVER THE COUNTER DRUGS:**
- Aspirin, analgesic, blood thinner: Heart attack: 4 tabs, 1 to 2 every 4 hrs
- Rolaids: 6 tabs, 1 to 2 chewed each 4 hrs
- Doxidan, laxative: 2 tabs, 1 or 2 per day
- Imodium Ad, anti-diarrheal: 4 tabs, 2 1st, 1 2nd, 4/day
- Motrin, (ibuprofen) for pain and swelling: 5 tabs, 1 to 2 plus every 4 hours
- Benadryl, antihistamine: 4 tabs, see your package

Rx Vicodin, pain: Get your personal Rx from your MD

**ELECTROLYTES AND GLUCOSE:**
- Gator aid, electrolyte replacement packet: 1 quart when mixed with water
- Cliff "Gu", 100 calories of simple carbohydrate: 2 packets

**OTHER ITEMS:**
- Cotton swabs: 2
- Safety pins, large: 2
- Simple cloth "triangular bandage": 1
- "Space blanket", small: 1

**FORMS AND WFA INSTRUCTION BOOKLET, BAG:**
- Our own 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 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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