

# Fieldcraft Equipment

## Field First Aid Gear



### Personal First Aid Kit Checklist

One of the most important items among the *Absolute Essentials* is a Personal First Aid Kit. While not meant to carry everything you could possibly need, it should carry items that can be used to treat common minor outdoor injuries and conditions.

While you can purchase ready-made first aid kits at various stores, we recommend tweaking it to suit your needs or even assembling your own kit. This will ensure that you are familiar with its contents and have an understanding of how to use what is in it. The list below offers a suggestion of some basic items that should be contained in a personal first-aid kit.

We also encourage you to seek further information and training from a medical professional or enroll in a Wilderness First-Aid course.



*A Individual First Aid Kit should include:*

- ☐ two pairs of nitrile gloves
- ☐ single dose packs of the following over the counter medications:
  - ☐ ibuprofen/Motrin - four 200 mg tablets
  - ☐ acetaminophen/Tylenol - four 325 mg tablets or two 500 mg tablets
  - ☐ Imodium or Pepto-Bismol (for upset stomach and diarrhea) - 4 doses
  - ☐ an antihistamine such as Benadryl or Claritin (to treat allergic reactions) - four Benadryl caplets or 2 Claritin tablets

# Fieldcraft Equipment

## Field First Aid Gear



- ☐ alcohol wipes for wound cleaning - 10 wipes
- ☐ antibiotic ointment to prevent infection - 2 packets
- ☐ various size adhesive bandages - 4 large, 10 small
- ☐ 2x2 sterile gauze pads - 4 pads
- ☐ medical tape - 1 small roll or one 12 inch strip of tape wrap
- ☐ moleskin - 4 strips or one 4x4 sheet
- ☐ small scissors (scissors on a Swiss Army Knife work well)
- ☐ a pair of tweezers (tweezers on a Swiss Army Knife work well)
- ☐ triangular bandage - used to fashion a sling or immobilization wrap
- ☐ four safety pins
- ☐ alcohol based sanitizing gel or hand wipes
- ☐ small pocket notebook or index cards with a pencil

These components should be assembled and carried in a water-proof pack or pouch to protect the contents of the kit. The pocket notebook is carried separately in a waterproof bag; and the Swiss Army Knife is carried in a belt pouch, or in a pocket.

This level of kit is intended for personal use, and should be carried in a cargo pocket or belt pouch so that it is always available for use while in the field.

