

Wilderness Medicine



MINIMUM FIRST AID KIT

ITEM	USE
2 Triangular Bandage w safety pins	For splints, slings, and wound dressings.
1 Large Absorbent sterile dressing	For big wounds
1 Roll of 1" adhesive trainers tape	For wounds and support wrap
12 Butterfly adhesive strips	For wound closure
6 Large band aids	For skinned knees, etc.
4x6" Moleskin pad	For blisters
3" Roll of "cling gauze"	For bandaging
3" Ace bandage	For sprained ankles/knees, wound compression
6 Antiseptic wipes	For cleansing wounds
2 – 4x4" sterile gauze pads	For small wounds
Aspirin	For mild pain and headache
Rolaids or Tums	For freeze-dried dinners
1 Duct Tape 5-10 feet	Multiple Uses
1 Space type blanket	Protection from elements, other
1 Large Leaf Bag	Long list of Uses

TIPS

-OBTAIN WILDERNESS FIRST AID TRAINING

- Keep bandaging material in a plastic zip lock bag
- Don't pack items you don't know how to use
- Keep commonly needed items in a belt pouch (including calories)
- Inspect kit prior to trip to check for expired meds and familiarization

-OBTAIN WILDERNESS FIRST AID TRAINING

- Keep track of things you wish you had, or those you wanted more of
- If nothing is sticking to your blisters, try tincture of benzoin
- Don't stash you kit in the deepest reaches of your pack
- Ultimately, a 1st aid kit doesn't save life and limb: it's skill

-OBTAIN WILDERNESS FIRST AID TRAINING

The Expanded First Aid Kit

Considerations:

Purpose of Trip: Technical climbing, river rafting, hiking, mountaineering

Destination: Terrain, altitude, weather, disease exposure, animal exposure, remote

Length of Trip: more blister supplies, more meds, etc.

Time for Evacuation or Medical Rescue: if any

Size of Party: Best to equip each member with their own 1st aid kit. If going solo, pack a lot more.

Level of Medical Training: Take a wilderness first aid course

HYPOTHERMIA

DEFINITION: Body core temperature below normal

ENVIRONMENTAL vs. COMPENSATION/PROTECTION

Wind

Heat Production (shivering, exercise)

Wet

sugar - tinder, carbs - sticks, fats - logs

Temperature

Heat Retention (Insulation, shelter)

