**Educate Wild! First Aid Kit Suggested Contents**

According to published data, the majority of injuries that happen on field courses are athletic injuries, such as sprains and strains, and wounds to soft tissue (Welch 1997; Leemon and Shimelpfenig 2003), so a first aid kit should be designed to manage these injuries.

**First Aid Kit contents recommended by Welch (1997) for a two-week**

**wilderness trek with 12 individuals in the group (168 user days).**

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| **Quantity** |  **Item** |
| **Dressings and Wound Care** |
| 12 | Adhesive bandage (Band Aid ®) |
| 2 | Adhesive tape (2-inch roll) |
| 2 | Conforming gauze bandage (Kling ® 3-inch roll) |
| 1 | Elastic Bandage (Ace ® 3-inch wrap) |
| 2 | Moleskin (15.5 square inch sheets) |
| 4 | Spenco Second Skin ® (3-inch x 4-inch pads) |
| 6 | Sterile gauze compresses (4-inches x 4-inches) |
| **Equipment** |
| 1 | Scissors (trauma sheers) |
| 1 | Thermometer (digital with reusable covers) |
| 1 | Tweezers |
| **Oral Over the Counter Medications** |
| 6 | Antacid (chewable tablets) |
| 6 | Antihistamine (diphenhydramine 50 mg) |
| 6 | Bismuth subsalicylate (Pepto Bismol ® chewable) |
| 6 | Ibuprofen (200-mg tablets) |
| **Topical Over the Counter Medications** |
| 10 | Alcohol swabs (for cleaning equipment) |
| 6 | Antibiotic ointment (Neosporin ® 0.9-g packets) |
| 1 | Hydrocortisone 1% cream (30-g tube) |
| 8 | Provodine / iodine solution (individual swabs) |
| 1 | Tincture of benzoin (30-ml bottle) |

 **References:**

Leeomon, D. and T. Shimelpfenig. 2003. Wilderness Injury, Illness, and Evacuation: National Outdoor Leadership School’s Incident Profiles, 1999–2002**.** *Wilderness and Environmental Medicine* 14: 147-182.

Welch, T.P. 1997. Data-based selection of medical supplies for wilderness travel. *Wilderness and Environmental Medicine* 8: 148-151.