

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).

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	Providence / iodine solution (individual swabs)
1	Tincture of benzoin (30-ml bottle)

References:

- Leemon, 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.