

How to Build Your First Aid Kit



ACME
Emergency Care
and Safety Training

Building a proper First Aid Kit involves an understanding of the tools, gear and medications, as well as the organization of your kit.

3 Questions

The First Question

- What activity will the First-Aid Kit be used for?

Local Day Hike

Car Camping with Fires and Cooking

Remote Day Hike

Road Trip / RV Trip

Backpacking Trip

Shooting Sports

Go Bag

Guiding

Or....Just a Kit for your Home

The Second Question

- What is your level of training?

None

Basic First Aid/CPR

Advanced First Aid/BLS

Wilderness First Aid or First Responder

EMT / Paramedic / Nurse

Doctor (what specialty)...

Also, do you, or anyone in your group have special medical issues?

The Third Question

- What will be your furthest distance to Definitive Care?
(not counting an Emergency Evacuation)

This includes a Road Trip.
How rural will you be at times?

Steps to building your First Aid Kit:



1. Create a “Master List” that aligns with your level of training. Do not include items you do not know how to use.
2. If anyone in your group has special medical issues, add those items to your list.
3. Use your Master List to select the items you will need for the particular activity. For example, a lot of campfire cooking, take a lot of items to address burns.
4. Organize your kit...make sure items to address “life threatening” issues are most easily accessible.

TOOLS AND GEAR

- AED w/safety razor or duct tape (excellent for rural road trips) (OHCA survival rate can triple when an AED is used)
- Nitrile Gloves (avoid latex gloves)
- CPR pocket or keychain mask (PPE for giving breaths during CPR)
- Surgical Mask (shields the wearer from respiratory emissions, fluids and splashes)
- Eye Protection (shields the wearer's eyes from fluid splashes)
- Mylar Blanket (prevents hypothermia in shock patients)
- Sharpie & Pen (taking notes on vitals, writing on bandages or patient)
- Note Paper or SOAP Notes (record patient information and vitals)
- Penlight (w/Pupil Gauge) (PERRL....Pupils Equal, Round and Reactive to light) (extra battery for the penlight)



TOOLS AND GEAR

- AED w/safety razor or duct tape (excellent for rural road trips) (OHCA survival rate can triple when an AED is used)
 - Nitrile Gloves (avoid latex gloves)
 - CPR pocket or keychain mask (PPE for giving breaths during CPR)
 - Surgical Mask (shields the wearer from respiratory emissions, fluids and splashes)
 - Eye Protection (shields the wearer's eyes from fluid splashes)
 - Mylar Blanket (prevent hypothermia in shock patients)
 - Sharpie & Pen (taking notes on vitals, writing on bandages or patient)
 - Note Paper or SOAP Notes (record patient information and vitals)
 - Penlight (w/Pupil Gauge) (PERRL....Pupils Equal, Round and Reactive to light) (extra battery for the penlight)
-
- Small Headlamp (for working in dark situations)
 - Hand Sanitizer (alcohol based)
 - Liquid Soap or Soap Leaves
 - Thermometer (oral)
 - Hypothermia Thermometer (to measure body core temperature)



TOOLS AND GEAR

- AED w/safety razor or duct tape (excellent for rural road trips) (OHCA survival rate can triple when an AED is used)
- Nitrile Gloves (avoid latex gloves)
- CPR pocket or keychain mask (PPE for giving breaths during CPR)
- Surgical Mask (shields the wearer from respiratory emissions, fluids and splashes)
- Eye Protection (shields the wearer's eyes from fluid splashes)
- Mylar Blanket (prevent hypothermia in shock patients)
- Sharpie & Pen (taking notes on vitals, writing on bandages or patient)
- Note Paper or SOAP Notes (record patient information and vitals)
- Penlight (w/Pupil Gauge) (PERRL...Pupils Equal, Round and Reactive to light) (extra battery for the penlight)
- Small Headlamp (for working in dark situations)
- Hand Sanitizer (alcohol based)
- Liquid Soap or Soap Leaves
- Thermometer (oral)
- Hypothermia Thermometer (to measure body core temperature)

- Pulse Oximeter
- EMT Shears
- Pregnancy Test (ectopic pregnancy is a medical emergency) (bleeding, pain and a positive pregnancy test)



TOOLS AND GEAR

- AED w/safety razor or duct tape (excellent for rural road trips) (OHCA survival rate can triple when an AED is used)
- Nitrile Gloves (avoid latex gloves)
- CPR pocket or keychain mask (PPE for giving breaths during CPR)
- Surgical Mask (shields the wearer from respiratory emissions, fluids and splashes)
- Eye Protection (shields the wearer's eyes from fluid splashes)
- Mylar Blanket (prevent hypothermia in shock patients)
- Sharpie & Pen (taking notes on vitals, writing on bandages or patient)
- Note Paper or SOAP Notes (record patient information and vitals)
- Penlight (w/Pupil Gauge) (PERRL...Pupils Equal, Round and Reactive to light) (extra battery for the penlight)
- Small Headlamp (for working in dark situations)
- Hand Sanitizer (alcohol based)
- Liquid Soap or Soap Leaves
- Thermometer (oral)
- Hypothermia Thermometer (to measure body core temperature)
- Pulse Oximeter
- EMT Shears
- Pregnancy Test (ectopic pregnancy is a medical emergency) (bleeding, pain and a positive pregnancy test)
- Menstrual Supplies
- Dentemp (loose cap and loose filling repair)

TOOLS AND GEAR...continued

- Alcohol Prep Pads (use to disinfect surfaces and unbroken skin)
- Transpore Tape (hypoallergenic, clear, perforated plastic strong tape)
- Paper Tape (3M Micropore, gentle paper tape)
- Tweezers (sliver/splinter removal)
- Eye Shields (cover injured eyes)
- Safety Pins (large and small)
- Small Mirror (checking your own face/eyes for injuries. Checking your nether regions for ticks)
- Bio-Hazard Waste Bags (or zip-lock bags to pack out bio-hazard items)
- Airbase inflatable insulation pad



Advanced Gear

(Advanced Training Needed)

- Stethoscope
- Blood Pressure Cuff
- NPA's and/or OPA's
- Bag Valve Mask
- Decompression Needle
- N95 Mask
- Locking Forceps
- C Collar
- Hypothermia Bag

Trauma / Urgent

- Aspirin (during an MI, aspirin prevents blood clots by keeping platelets from sticking together)
- Tourniquet (uncontrolled arterial bleeding on arms or legs) (use a TCCC approved tourniquet)
- Hemostatic Gauze (uncontrolled bleeding in junctional areas....neck, shoulders, groin)
- Z-Fold or Rolled Gauze (direct pressure, wound packing, secure a dressing)
- 5x9 Trauma Pads (abdominal pads) (direct pressure, covers larger wounds)
- Chest Seals (sucking chest wounds) (prevents air from being sucked into the chest cavity causing lung collapse)
- Israeli Bandages (pressure bandage for bleeds)
- Slighman Pressure Wrap (pressure bandage, Tourniquet, ACE wrap...many uses)
- Narcan (Naloxone) (Opioid overdose with pulse but no breathing)
- Albuterol Inhaler (bronchodilator used to rapidly treat or prevent breathing difficulties) – Rx
- Epinephrine Auto Injectors (anaphylactic shock) – Rx



Injuries

- Rolled or Compressed Elastic Bandages 3" (ACE Bandage) (apply even pressure to muscles and joints)
- Elastikon Bandage (more rigid than ACE type bandages)
- KT Tape (support muscles and joints, reduce pain, and improve blood flow)
- Triangle Bandages (sling, improvised tourniquet, sun shade, cooling towel, privacy cover)
- SAM Splint (lightweight splint for immobilization and stabilization of sprains and fractures)
- Finger Splints (immobilization of finger sprains and fractures)
- Instant Cold Packs (for sprains and strains – reduces swelling, constricts blood vessels to prevent inflammation)
- Q-Tips (individually wrapped – to remove foreign objects from the eye)



Wounds / Burns



Wounds / Burns

- Irrigation Syringe (60cc) (can also be used as an eye wash using less pressure)
- Irrigation Bottle Cap (prepare a smart water bottle cap with a pin hole to use for irrigation)
- Saline Wound Wash
- Antiseptic Wound Cleanser (nano silver or other) (kills germs on minor wounds, cuts and scrapes)
- BZK Towelettes (Kills germs on minor wounds, cuts and scrapes)
- Povidone Iodine Towelettes (for active infections)
- Antibiotic Ointment (prevent minor infections)
- Rolled, Compressed or Kerlix Gauze (sterile 3"x147")
- 4x4's and 3x3's (sterile gauze dressings)
- 3" Coban (non-sterile compression bandage for holding dressings or splints in place) (sticks to itself)
- Non-Adherent Dressings (will not stick to the wound)
- Tegaderm Transparent Waterproof Dressings (shields injuries from dirt and germs)
- Hydrocollid Bandages (absorbs wound fluid to maintain a moist environment for minor cuts and burns)

Keep Wounds....Clean, Covered and Moist



Wounds / Burns

- Irrigation Syringe (60cc) (can also be used as an eye wash using less pressure)
- Irrigation Bottle Cap (prepare a smart water bottle cap with a pin hole to use for irrigation)
- Saline Wound Wash
- Antiseptic Wound Cleanser (nano silver or other) (kills germs on minor wounds, cuts and scrapes)
- BZK Towelettes (Kills germs on minor wounds, cuts and scrapes)
- Povidone Iodine Towelettes (for active infections)
- Antibiotic Ointment (prevent minor infections)
- Rolled, Compressed or Kerlix Gauze (sterile 3"x147")
- 4x4's and 3x3's (sterile gauze dressings)
- 3" Coban (non-sterile compression bandage for holding dressings or splints in place) (sticks to itself)
- Non-Adherent Dressings (will not stick to the wound)
- Tegaderm Transparent Waterproof Dressings (shields injuries from dirt and germs)
- Hydrocollid Bandages (absorbs wound fluid to maintain a moist environment for minor cuts and burns)

- Burn Dressing Pads (water-based or silver-based pads for pain relief of minor burns)
- Lidocaine Burn Gel (pain relief for burns, bites and stings)
- Wound Closure Strips (it is actually best not to close wounds in the field - keep it covered and moist)
- Medical Grade Super Glue (again...best not to close wounds in the field)
- Adhesive Bandages (Band-Aids®) (1"x 3" waterproof)
- Adhesive Bandages (knuckle bandages) ("H" bandages)
- Afrin Original (contains oxymetazoline hydrochloride 0.05% which is a vasoconstrictor – helps control bleeding)
- Eye Pads (sterile pads to cover the eyes in case of injury)

Blister Kit

- Hypafix or Leuko Tape (to cover hot spots)
- Moleskin (to protect intact or open blisters) (cut into a donut shape to pad around blister)
- Blist-O- Ban or 2nd Skin (hydrocollid bandages for covering open blisters)
- Tincture of Benzoin (helps bandages adhere)
- Toe Sleeves (to cover hot spots and keep toes from rubbing against each other or against shoes)
- Engo Patches (go directly on shoes to create a smooth surface and prevent friction)
- Safety Pins (sterilize and use to drain closed painful blisters)
- Small Scissors (to cut blistered skin / to cut moleskin into shape)



OTC Medications

- Aspirin (325mg)
- Ibuprofen (minor aches and pains, inflammation reducer)
- Extra Strength Tylenol (pain relief, fever reducer)
- Aleve (joint stiffness)
- Benadryl (diphenhydramine) (1st generation antihistamine – fastest working for minor allergic reactions)
- Chewable or Liquid Benadryl (same as above, for children or adults with swallowing issues)
- Sudafed (decongestant for stuffy nose and sinus pressure)
- Pepto Bismal Chewables (minor diarrhea, upset stomach)
- Tums (Calcium Carbonate) (very fast temporary antacid)
- Pepcid AC (Famotadine) (H2 blocker: fast acting stomach acid prevention)
- Omeprazole (Prilosec) (H2 blocker: long term control of stomach acid prevention)
- Imodium (diarrhea, abdominal cramping)
- Anbesol (toothaches)
- Dental Kit (to make temporary fillings)
- Systane or Refresh Eye Drops (dry eyes)
- Pataday Eye Drops (eye allergies)
- Tecnu (poison oak or ivy cleanser)
- Benadryl Cream (itch relief)
- Hydrocortisone Cream or Ointment 1% (minor skin irritations)



Gas Stations
normally have a
good supply of
small packaged
OTC medications

OTC Medications....Continued

- Medical Honey (alternative to antibiotic ointment)
- Anti-Fungal Cream (athlete's foot, jock itch)
- Aloe Vera Gel (1st and 2nd degree burns, frostbite)
- Glucose Tablets or Gel (hypoglycemia (low blood sugar)
- Powdered Electrolyte w/sugar (dehydration / hyponatremia) (sugared versions can help w/ hypoglycemia)
- Menthol Lozenges (minor sore throat, cough, nasal congestion)
- Activated Charcoal (counteract ingested poison)
- Caffeine Pills (for people going through caffeine withdrawal on backcountry hikes)
- Mineral Oil (for insects in ears....and constipation)

- Water normally will not kill an insect in your ear as they sometimes create an air bubble around themselves. Mineral Oil works well in these situations.



OTC Medications....Continued

- Medical Honey (alternative to antibiotic ointment)
 - Anti-Fungal Cream (athlete's foot, jock itch)
 - Aloe Vera Gel (1st and 2nd degree burns, frostbite)
 - Glucose Tablets or Gel (hypoglycemia (low blood sugar))
 - Powdered Electrolyte w/sugar (dehydration / hyponatremia) (sugared versions can help w/ hypoglycemia)
 - Menthol Lozenges (minor sore throat, cough, nasal congestion)
 - Activated Charcoal (counteract ingested poison)
 - Caffeine Pills (for people going through caffeine withdrawal)
 - Mineral Oil (for insects in ears....and constipation)
-
- Dramamine (motion sickness)
 - Excedrin (can help with altitude sickness)
 - Sleep Aid (for overnight trips)

NOTE: Consult your Doctor for any drug interactions with your current medications and the OTC medications listed in this presentation.



Prescription Medications

All to be discussed with your healthcare professional!

- Epi Pens (severe, life-threatening allergic reactions)
- Narcan (opioid overdose...pulse but no breathing) (available over the counter)
- Prednisone (severe allergies, asthma, poison oak/ivy)
- Personal Rx Medications (carry an emergency supply of 3 days worth...even on a day hike)
- Meclizine (motion sickness)
- Diamox (altitude sickness prevention)
- Percocet (Severe Pain)
- Compazine Suppositories (severe nausea and vomiting)

ANTIBIOTICS:

- Augmentin (bacterial infections: sinusitis, pneumonia, ear infections, bronchitis, urinary tract infections)
- Azithromycin (bacterial infections: pneumonia, bronchitis, sinus infections, ear infections)
- Doxycycline (bacterial infections: respiratory, urinary, and skin infections, lyme disease, malaria prevention)
- Nitrofurantoin (specifically to treat lower urinary tract infections)
- Cephalexin (bite wounds, pneumonia, skin, urinary and ear infections)
- Metronidazole (Flagyl) (bacterial and parasitic (giardia) infections of the stomach, skin, joints and respiratory tract)



OTC
&
Prescription Medications
Should be checked
Annually....

Replace
Expired or Damaged
Meds

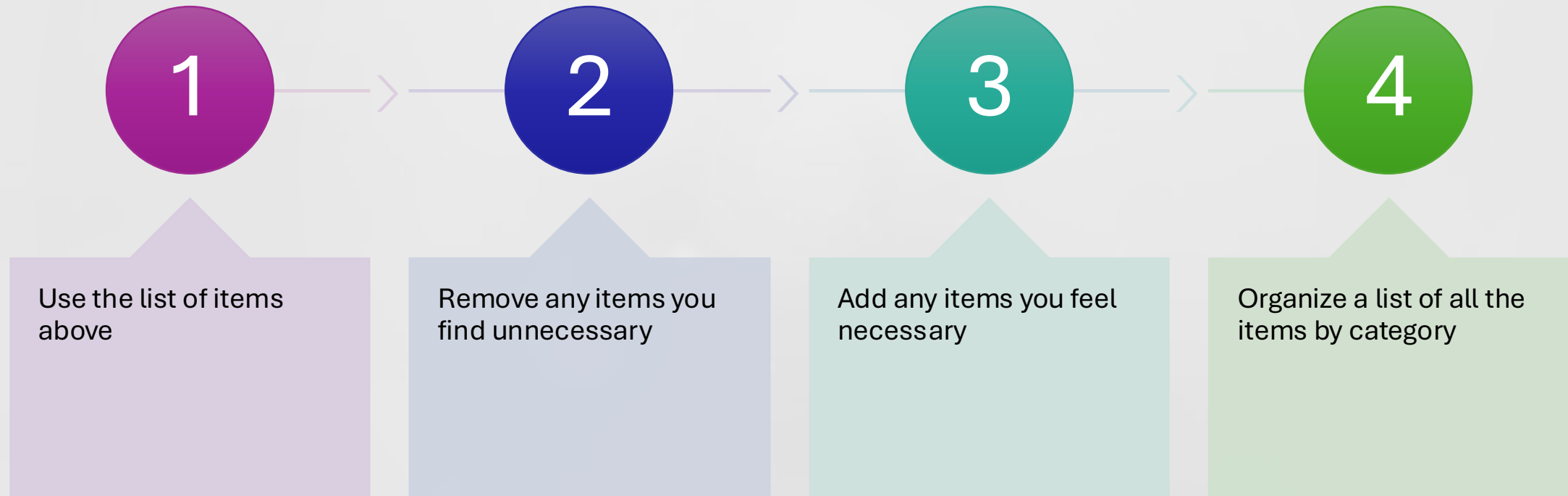
Additional items to be considered for your home kit.....

- Daytime & Nighttime cold medication
- Allergy Medication (preferably a second-generation antihistamine)
- Vics VapoRub (topical analgesic, cough suppressant, sore muscles)
- Cold Sore Medication
- Canker Sore Medication
- Pepto Bismal Liquid
- Hydrogen Peroxide (not for open wounds)
- Ben Gay (topical analgesic for muscle and joint pain as well as arthritis)

Of course, your cell
phone or a PLB is a
critical component
for any
EMERGENCY
in the **FIELD!**



To build your “Master List”



First Aid Kit - Master List

Tools / Gear:

AED w/Safety Razor
Nitrile Gloves
CPR Pocket Mask
Surgical Masks
Eye Protection
Mylar Blanket
Sharpie & Pen
Notepad (SOAP Notes)
Penlight (W/Pupil Gauge) w/extra batts
Small Flashlight or Headlamp
Hand Sanitizer (alcohol based)
Liquid Soap or Soap Leaves
Thermometer (oral)
Hypothermia Thermometer
Pulse Oximeter
EMT Shears
Pregnancy Test
Menstrual Supplies
Alcohol Prep Pads
Trasnpore Tape
Paper Tape
Tweezers
Tick Removal Tool (Tick Key)
Eye Shields
Straight 5" Hemostats
Safety Pins (large & small)
Small Mirror
Bio-Hazard Waste Bags
Stethoscope
BP Cuff
NPA's
OPA's
BVM
Hypothermia Bag
Decompression Needle
N95 Mask
C Collar
Soap Notes

Trauma / Urgent:

Tourniquet(s)
Hemostatic Gauze
Z-Fold or Rolled Gauze
5x9 Trauma Pads (sterile)
Chest Seals
Israeli Bandages
Slishman Pressure Wrap
Narcan (Naloxone) (Rx)
Epinephrine Auto Injectors (Rx)
Albuterol Inhaler (Rx)
Aspirin (325mg)

Injuries:

Elastic Bandages 3" (ACE Bandages)
Elastikon
KT Tape
Triangle Bandages
SAM Splint
Finger Splints
Instant Cold Packs
Q-Tips (individually wrapped)

Blister Kit:

Hypafix or Leuko Tape
Moleskin
Blist-O-Ban or 2nd Skin
Tincture of Benzoin
Toe Sleeves
Engo Patches
Safety Pins
Small Scissors

Wounds / Burns:

Wound Irrigation Syringe (60cc)
Irrigation Bottle Cap
Saline Wound Wash
Antiseptic Wound Cleanser
BZK Towelettes
Povidone Iodine Towelettes
Rolled, Compressed or Kerlix Gauze
3x3's (sterile)
4x4's (sterile)
3" Coban
Non Adherent Dressings
Tegaderm Waterproof Dressings
Burn Dressing Pads
Lidocaine Burn Gel
Antibiotic Ointment
Wound Closure Strips
Adhesive Bandages (1x3 waterproof)
Adhesive Bandages (Knuckle)
Hydrocollid Bandages
Medical Grade Super Glue
Afrin Original
Eye Pads

RX Meds:

Prednisone
Personal Rx Medications (+3 days extra)
Meclizine
Diamox
Pain Medications
Compazine Suppositories

Antibiotics:

Augmentin
Azithromycin
Doxycycline
Nitrofurantoin
Cephalexin
Metronidazole - Flagyl

OTC Medications:

Ibuprofen
Extra Strength Tylenol
Aleve (joint stiffness)
Benadryl (Diphenhydramine)
Chewable or Liquid Benadryl
Sudafed
Pepto Bismal Chewables
Tums (calcium carbonate)
Pepcid AC (famotidine)
Omeprazole (Prilosec)
Immodium
Ambesol (toothaches)
Dental Kit
Systane or Refresh Eye Drops
Pataday Eye Drops (eye allergies)
Tecnu (poison oak & ivy cleanser)
Benadryl Cream
Hydrocortisone cream or ointment
Medical Honey
Anti-Fungal Creme
Aloe Vera Gel
Glucose Tablets or Gel
Powdered Electrolyte W/Sugar
Menthol Lozenges
Activated Charcoal
Sleep Aid
Excedrin
Caffeine Pills
Mineral Oil
Activated Charcoal
Dramamine

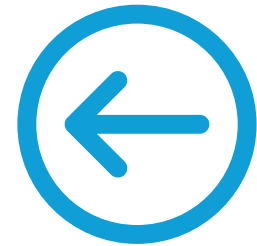
EXAMPLE



From your “Master List”



Use the process of elimination



Go through each category and
decide what you want to eliminate
for your adventure.

EXAMPLE

First Aid Kit - Short “Local” Hikes

Tools / Gear:

Nitrile Gloves
CPR Keychain Mask
Mylar Blanket
Sharpie & Pen
Notepad (SOAP Notes)
Hand Sanitizer (alcohol based)
EMT Shears
Alcohol Prep Pads
Trasn pore Tape
Tweezers (on SAK)
Tick Removal Tool (Tick Key)
Safety Pins (large & small)
Small Mirror

Trauma / Urgent:

Tourniquet(s)
Hemostatic Gauze
Slishman Pressure Wrap
5x9 Trauma Pad (sterile)
Aspirin (325mg)

Injuries:

Elastic Bandages 3”
Triangle Bandages
SAM Splint
Q-Tips (individually wrapped)

Blister Kit:

Hypafix or Leuko Tape
Moleskin
Blist-O-Ban or 2nd Skin
Tincture of Benzoin
Toe Sleeves

Wounds / Burns:

Irrigation Bottle Cap
BZK Towelettes
Povidone Iodine Towelettes
Compressed Gauze
4x4’s (sterile)
3” Coban
Non Adherent Dressings
Tegaderm Waterproof Dressings
Adhesive Bandages (1x3 waterproof)
Adhesive Bandages (Knuckle)
Hydrocollid Bandages
Antibiotic Ointment

RX Meds:

Antibiotics:

OTC Medications:

Ibuprofen
Extra Strength Tylenol
Benadryl (Diphenhydramine)
Pepto Bismal Chewables
Systane or Refresh Eye Drops
Hydrocortisone cream or ointment
Powdered Electrolyte W/Sugar

First Aid Kit - Day Hiking in Remote Environments

Tools / Gear:

Nitrile Gloves
CPR Keychain Mask
Mylar Blanket
Sharpie & Pen
Notepad (SOAP Notes)
Hand Sanitizer (alcohol based)
EMT Shears
Alcohol Prep Pads
Trasnpore Tape
Tweezers
Tick Removal Tool (Tick Key)
Safety Pins (large & small)
Small Mirror

Trauma / Urgent:

Tourniquet(s)
Hemostatic Gauze
Z-Fold Gauze
5x9 Trauma Pads (sterile)
Slishman Pressure Wrap
Epinephrine Auto Injectors (Rx)
Aspirin (325mg)

Injuries:

Elastic Bandages 3"
Triangle Bandages
SAM Splint
Q-Tips (individually wrapped)

Blister Kit:

Hypafix or Leuko Tape
Moleskin
Blist-O-Ban or 2nd Skin
Tincture of Benzoin
Toe Sleeves
Engo Patches
Safety Pins
Small Scissors

Wounds / Burns:

Irrigation Bottle Cap
BZK Towelettes
Povidone Iodine Towelettes
Lidocaine Burn Gel
Antibiotic Ointment
Compressed Gauze
4x4's (sterile)
3" Coban
Non Adherent Dressings
Tegaderm Waterproof Dressings
Adhesive Bandages (1x3 waterproof)
Adhesive Bandages (Knuckle)
Hydrocollid Bandages
Afrin Original
Eye Pads

RX Meds:

Albuterol Inhaler
Prednisone
Personal Rx Medications (+3 days extra)
Pain Medications

Antibiotics:

OTC Medications:

Ibuprofen
Extra Strength Tylenol
Benadryl (Diphenhydramine)
Chewable or Liquid Benadryl
Pepto Bismal Chewables
Immodium
Systane or Refresh Eye Drops
Pataday Eye Drops (eye allergies)
Hydrocortisone cream or ointment
Powdered Electrolyte W/Sugar

EXAMPLE

First Aid Kit
Containers:

If you will be dealing
with any water
crossings, a
waterproof container
or dry bag is best

Items to address Life-Threatening Issues

Should be quickly accessible

Or

in a completely separate container

First Aid Kit Examples:



All items to address Life-Threatening Issues
are on the right side of this kit

First Aid Kit Examples:



Trauma Kit to address Life-Threats in a separate kit on the right of the First Aid Kit



First Aid gear organized using ZipLoc Bags

First Aid Kit Examples:



A Large Home Kit organized with compartments and Ziploc bags



Options for wound irrigation.
Always irrigate from clean to dirty.

