

## Hiking Club Medical Kit

Each hike level has a medical kit that is to be carried by the hike leader or designee. The following items may be found in each pack. To replace any items used, please contact a Safety Committee member. If an incident report is completed, be sure to include the used items in the space provided on that report so that they can be replaced.

Master Medical Kits would include the following items:

- First Aid Reference Sheet
- Pulse oximeter
- Sam Splint
- Triangular bandage
- Instant Cold Pack
- Gloves, Nitrile
- Towelettes, cleansing wet
- Few large and small bandaids
- Gauze pads 4x4" [4]
- Telfa Pads 2x3" [2]
- Trauma Pad 5x9"
- QuikClot 2 ft
- Coban self-adherent wrap/Gauze roll [1 each]
- Tape
- Scissors
- Benadryl chewable 12.5 mg [4]
- Aspirin 325 mg tablet [package = 2 tablets]
- Electrolyte powder, Liquid IV Hydration mix
- Sharpie
- Pad of paper and pencil/pen
- Trash bag

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