

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. Items that are used should be replaced.

Master Medical Kits would include the following items and the Trauma Pak.:

- First Aid Reference Sheet
- Sam Splint
- Quik clot trauma pak
- Large non-stick bandaids (6)
- Smaller bandaids
- Benadryl 25 mg. (antihistamine) (8)
- Instant Cold pack
- Was cloth for padding/cleaning
- Trash bag
- Kling Wrap - brown
- 2 3x5 card recording all minor injuries for reference
- Coban self adherent Wrap (2)

Trauma Pak includes:

- Quik Clot 25g
- Trauma Pad 5X9"
- Nitrile gloves, one hand wipe
- Duct tape 2X26"
- Bandage - triangular
- Dressing Gauze sterile 4X4- pack of 2
- Dressing Gauze sterile 2X2" pack of 2
- Bandage Conforming Gauze 3"
- After cuts/scrapes Antiseptic wipe
- Re-sealable bag for bio-waster and sucking chest wounds

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