

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 x 4

Few large and small band-aids

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

InReach Instructions

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