Build your own Major First Aid Kit

This kit is designed to be used by someone with at least a Wilderness First Responder level certification. Pack these items in durable bags inside a waterproof container, and use plastic dividers inside the container to ensure your system is organized. When building your kit, only bring items, medications, and tools that you have the proper training to use.

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PPE Barriers
___ Disposable gloves (10 pair)
___ CPR mask
___ Safety google
___ N95 mask (2)

Hardware and Tools
___ Trauma shears
___ Tweezers
___ Razor
___ Nail clippers
___ Nail file
___ Safety pins (10)
___ Biohazard bag
___ Ziplock bags (5)
___ Thermometer
___ Lighter
___ Duct tape
___ Whistle
___ Emergency blanket
___ Signal Mirror
___ Signal Flare
___ Hydraulic syringe

Orthopedic Care
___ Kling roll bandage (2)
___ Triangular bandage / cravat (3)
___ Ace bandage large (1)
___ Ace bandage medium (2)
___ Cold pack (2)
___ Athletic tape (1 roll)
___ Sam splint

Medicines and Ointments
___ Sunscreen
___ Aloe vera
___ Bug spray
___ Calamine lotion
___ Petroleum jelly
___ Poison Ivy treatment
___ Antibacterial ointment
___ Hydrocortisone cream
___ Pepto Bismol
___ Antacid tablets
___ Glucose gel
___ Electrolyte tablets or pills
___ Aspirin
___ Ibuprofin / Advil
___ Acetaminophen / Tylenol
___ Dimenhydrinate / Benadryl
___ Cold and flu medicine

Wound Care
___ Alcohol prep pads (20)
___ Regular band-aids (20)
___ Extra large band-aids (10)
___ Knuckle band-aids (5)
___ Butterfly closures (10)
___ Moleskin / blister treatment
___ Combine dressing (2)
___ 4x4 sterile gauze pads (10)
___ Gauze roll (2)
___ Nonadherent dressing (5)
___ Moist burn pad (2)
___ 2nd skin
___ Steri strips (1 pack)
___ Skin tac

Healthcare supplies
___ Tampons
___ Menstrual pads
___ Q tips
___ Toothbrush / toothpaste
___ Hand sanitizer
___ Hand soap

Additional items
___ Pencils
___ Sharpie
___ Small notebook
___ SOAP Notes (4)
___ First Aid Book
___ Small tarp
___ Emergency contacts
___ Possible evacuation routes
___ This checklist

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Check out more river resources, insights, and history: cfimoab.org/coyotes-corner or follow @cfimoab.