

# Foundational Skills Series

## Personal First Aid Kit



One of the most important items among The Outdoor Essentials is a Personal First Aid Kit. While not meant to carry everything you could possibly need, it should carry items that can be used to treat common minor outdoor injuries and conditions.

While you can purchase ready-made first aid kits at various stores, we recommend tweaking it to suit your needs or even assembling your own kit. This will ensure that you are familiar with its contents and have an understanding of how to use what is in it. The list below offers a suggestion of some basic items that should be contained in a personal first-aid kit.

We also encourage you to seek further information and training from a medical professional or enroll in a Wilderness First-Aid course.

### A Basic First Aid Kit should include:

- two pairs of nitrile gloves
- single dose packs of the following over the counter medications:
  - ibuprofen/Motrin
  - acetaminophen/Tylenol
  - Imodium or Pepto-Bismol (for upset stomach and diarrhea)
  - an antihistamine such as Benadryl or Claritin (to treat allergic reactions)
- alcohol wipes for wound cleaning
- antiseptic ointment to prevent infection
- hydrocortisone cream for insect bites and poisonous plants
- alcohol based sanitizing gel or hand wipes
- various size adhesive bandages
- moleskin and athletic tape
- small scissors
- small roll of sterile gauze
- triangular bandage - used to fashion a sling or immobilization wrap
- four safety pins
- a pair of tweezers
- small pocket notebook or index cards with a pencil

These components should be assembled and carried in a water-proof bag or pouch to protect the contents of the kit. This level of kit is intended for personal use, and should be carried in a day pack or even a cargo pocket so that it is always available for use while in the field.