

Recommended Troop First Aid Kit

Prepared by the Aurora Medical Team
www.auroramedteam.org



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You Should Make Your Own Kit



Top

Design your kit so it has what you will need.

You can use tackle boxes, tool boxes, or nylon camping totes.



Bottom

Everything is visible and easy to get to.

Suggested Troop First Aid Kit

Trauma Items

- Band Aids
- Antibiotic
- Gauze Pads
- Gloves
- Coban (Self-Adhering Bandage)
- Ace Bandages (Elastic Bandage)
- Triangular Bandages
- Roller Gauze
- Wound Wash
- Soap / J&J Shampoo
- Small Splints (Finger Splints / Tongue Depressors)
- SAM Splint
- Mouth Barrier Device
- Tweezers
- Scissors
- NewSkin

Comfort Items

- Moleskin
- Chapstik
- Pepto Bismol / Antacid
- Tylenol and Ibuprofen
- Benadryl / Claritin
- Sun Screen / Moisturizer
- Throat Lozenges
- Cold/Flu Medicine
- Aspirin (for cardiac)
- Thermometer

Consider

- Hand Sanitizer
- Soap / Cleanser
- Cold Pack / Plastic Bags
- Small side cutters (fishhooks)

Steps to make a first aid kit

- Identify how kit will be used and where it will be kept (determines size and type of container). Analyze what type of injuries are expected (determines what to carry).
- Select and obtain the bag, box, or container for the kit.
- Obtain the contents, repackage them if necessary, and pack the kit.
- Establish where extra items are kept to restock the kit.
- Make up an inventory list. One copy with the kit, one copy with the troop.
- Show everyone the kit, what is in it, and how to find/use the contents.

How Big is Your Kit?

- If this is a backpacking kit it should be small and lightweight, so pack for trauma items (see list)...comfort items can be carried by participants.
- If this is a troop kit (drive in) use a hard case (like a tackle box) large enough to contain everything, including comfort items.

Control Costs

- Purchase generic brands if available – they are the same as name brands but cheaper (for things like ointments and pills).
- Buy an inexpensive tackle box instead of an “official” first aid box – it is basically the same product and much cheaper.
- Use Internet first aid supply sites. The local pharmacy is expensive and won't have everything you need.
- Don't purchase more than you need. The Internet supply sites will let you purchase in small or individual quantity.

Tricks to Packing a Kit

- Remove cardboard packaging if that will let the item fit in a smaller space.
- Keep cardboard packaging for items if it will protect a fragile or crushable item.
- Use zip-lock sandwich bags to keep things clean and rain proof.
- Frequent use items (gloves, gauze pads, band aids) should be easy to get to (packed on top).

We recommend...

Coban - Also called self-adhering bandage. Carry the 1/2 inch size and one larger size like 2 or 3 inch. Once applied it keeps most dirt out, is flexible, and will stay on if wet. Very useful for use in the outdoors.



Wound wash - How about a small bottle of contact lens saline solution? It is near sterile and can be used to wash a cut or rinse the eye.

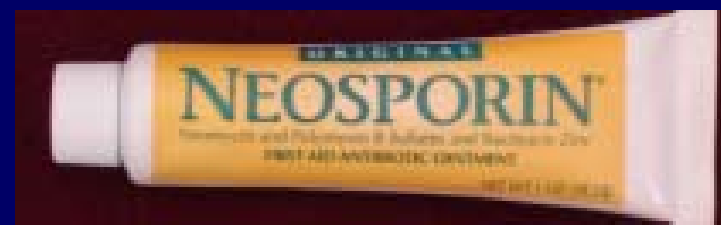


We recommend...

Gloves - Carry medium and large size, which should fit just about everyone. Replace them periodically if they age and break down.



Antibiotic - Carry the triple antibiotic type. Very few folks have allergies to antibiotics so you are pretty safe using the triple type. Your group should know if someone can't tolerate ointment.



We recommend...

Band Aids - Have both small and large sizes. Check them periodically, as they will age and become unusable.



Gauze Pads - You can purchase the "semi-sterile" type that come in bulk packages. Transfer them to plastic bags to put in the kit. 4x4 inch and 2x2 inch are useful sizes.



We recommend...

Ace Bandages - Also called elastic bandages. You need the 3 inch size for wrists and the 6 inch size for larger joints.



Triangular Bandages - They can be used as slings, dressing, and ties for splints.



We recommend...

Roller Gauze - The smaller rolls, 2 inch, work for most everything. Also carry a 4 inch size for larger cuts.



Small splints - A few wooden tongue depressors or popsicle sticks work as finger splints, scrapes, or as a tongue depressor.



We recommend...

SAM Splint - One SAM splint can be used on all but the larger fractures. It packs small and can be cut with scissors for small splinting.



Mouth Barrier Device - We recommend a pocket mask type...the one that comes in a hard plastic case.



We recommend...

Tweezers - Get one with good edges for pulling out ticks, cactus needles, and small objects.



Side cutters (pliers) – If you are active with fishing activities this is needed to cut fish hooks.



We recommend...

Scissors - Obtain an inexpensive pair of small medical scissors. It cuts bandages, ties, tape, clothing, whatever. Very useful to have.



New-Skin - For small cuts apply with Q Tips. It provides a wear proof seal for small cuts. Remember - the cut must be clean and dry before applying.



We recommend...

Cold Pack or Bags – If you have the room a commercial ice pack, but they are bulky and heavier. Some zip-lock sandwich bags are all you need if you have ice.



Why Comfort Items?

- If your first aid kit does not have to be backpacked then there is room for comfort items.
- Camping sites may not be near stores to purchase comfort items if they are forgotten by participants.
- Prevention of problems in the field is important. Better to avoid a problem than have to treat it later.

Comfort Items...

Tylenol - The most common analgesic. Fever reducer and pain relief.



Ibuprofen - Used for ailments such as joint and muscle pain, etc...



Comfort Items...

Benadryl - Used for all kinds of allergy issues. It does make folks drowsy. Claritin is also a common non-drowsy antihistamine.



Cold/Flu Medicine - In the woods this could provide relief to let someone get to sleep. Be careful using this with other remedies so you don't double dose (check the contents).



Comfort Items...

Sun Screen - A small tube can be used when someone forgets to bring their own. Prevention is the best treatment for sunburn.



Aloe/Moisturizer - Used for the folks who didn't use the sun screen.

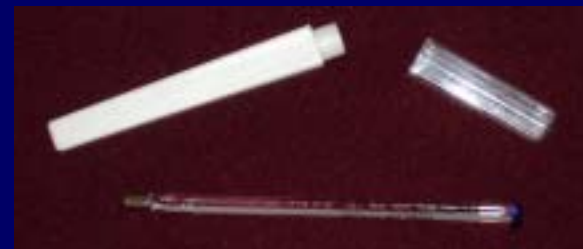


Comfort Items...

Aspirin – You can carry this in the kits for cardiac issues.



Thermometer - Good to know just how high the fever is. Many folks don't know how to use a manual type mercury thermometer. Include instructions and/or training for the group.



Comfort Items...

Antacid – Helps with some of that camp cooking.



Pepto Bismol – Can settle a stomach from illness, acid, or food.



Comfort Items...

Chapstick – Dehydration can lead to cracked lips.



Throat Lozenges – Helpful for a sore throat.



Comfort Items...

Sanitizer – In the field a quick way to wash up before and after treatment.



Soap – J & J shampoo mixed with water works well to clean cuts. Small soap bars are available in the travel section.



First Aid Supplies

- www.allmed.net - one recommended source of first aid supplies on the web.
- There are many first aid supply sources on the web – do a web search on “first aid supplies”.
- Unless you are purchasing that one item you have to have – we don’t recommend purchasing locally – expensive and sometimes wrong quantities/sizes.

We hope you found these
slides useful.

If you have comments on this
presentation please send to:
amt@auroramedteam.org

Aurora Medical Team
www.auroramedteam.org