

First Aid Kit Recommendations

Backcountry trips take place within the wilderness context i.e dialing 911 is not an option. Groups must be prepared to deal with emergencies and care for the sick and injured for an extended period, from several hours up to several days. First aid kit contents should be commensurate with your level of skill and training in First Aid.

Major First Aid Kits should contain items in the following groupings.

1. Rescuer personal protection equipment
 - Latex Gloves
 - Eye Protection
 - Rescue breathing mask with one way valve
2. Wound care and management
 - Compresses both gauze and compression bandages
 - Soap, disinfectant and instruments to clean and debride wounds
 - Burn dressing and treatment
 - Splinting materials
 - Scissors/shears, tweezers, needles scalpel or razor blade
3. Dental kit with floss, wax, oil of clove (optional but highly recommended).
4. Medical
 - Pain relief medication
 - Stomach ache and diarrhea medications
 - Topical anti rash preparations
 - Drugs as prescribed for trip members. Pay close attention to people with allergies, asthma and cardiovascular conditions.
 - Allergy treatments
 - Thermometer (hypo/hyperthermia)
5. Any other equipment or supplies you are competent to use, willing to carry and applicable to the environment. If no one on your trip has the skills to utilize these items, you should re-evaluate your decision to undertake a backcountry trip.