



Wilderness First Aid Kit Contents

This list is intended as a resource for those who have been certified in wilderness first aid by a recognized training provider. The list isn't **necessarily comprehensive or appropriate for your purposes**. Using this list does not substitute taking a course or maintaining current certification.

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Items to carry on your body						
Item	Notes	Small personal kit	Group kit for front country day trips	Expedition group kit	Expedition group kit - when weight and space aren't limited	Search and rescue team kit or vehicle / large boat / base support kit
Medical gloves	Non-latex	x	x	x	x	x
Intra-oral pocket mask	Brand name: Numask	x	x	x	x	x
Lighter		x	x	x	x	x
Knife		x	x	x	x	x
Food	Quick calories are essential for your personal safety and performance in a rescue	x	x	x	x	x
Watch	To track: vital signs, remaining daylight, submersion time, etc.	x	x	x	x	x
Pencil / space pen	Waterproof 'write anywhere'	x	x	x	x	x
Waterproof paper / SOAP note	Our Whitewater Rescue Field Guide can work for this	x	x	x	x	x
Duct tape / gorilla tape	Can wrap some around something	x	x	x	x	x
Sunblock cream		x	x	x	x	x

Basic life support

Basic life support						
Item	Notes	Small personal kit	Group kit for front country day trips	Expedition group kit	Expedition group kit - when weight and space aren't limited	Search and rescue team kit or vehicle / large boat / base support kit
Pocket mask		x	x	x	x	x
NPA and/or OPA airways		x	x	x	x	x
EMT shears		x	x	x	x	x
WMA field guide		x	x	x	x	x
Incident report forms			x	x	x	x
Permanent marker			x	x	x	x
Bag valve mask (BVM)					x	x
O2 cylinder, regulator, and non-rebreather mask						sometimes
Manual suctioning device						sometimes
AED			sometimes			sometimes
Tools						
Item	Notes	Small personal kit	Group kit for front country day trips	Expedition group kit	Expedition group kit - when weight and space aren't limited	Search and rescue team kit or vehicle / large boat / base support kit
Irrigation syringe	60 CC is best	x	x	x	x	x
19G needle		x	x	x	x	x
Blood pressure cuff					x	x
Stethoscope					x	x
Oral thermometer				x	x	x
Scalpel blade		x	x	x	x	x
Tweezers		x	x	x	x	x
Safety pins			x	x	x	x
Nail brush			x	x	x	x
Tooth brush (sterile)	In package	x	x	x	x	x
Magnifying glass		x	x	x	x	x

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Medications						
Item	Notes	Small personal kit	Group kit for front country day trips	Expedition group kit	Expedition group kit - when weight and space aren't limited	Search and rescue team kit or vehicle / large boat / base support kit
Epinephrine	Minimum 3 doses	x	x	x	x	x
Antihistamine	Recommended: Cetirizine (Reactine)	x	x	x	x	x
Prednisone ¹	With authorization from physician advisor			x	x	x
Albuterol / Salbutamol inhaler ¹	Only when pre-trip screening isn't possible		x	x	x	x
ASA	Can be life saving for heart attack	x	x	x	x	x
Icing sugar or instant glucose			x	x	x	x
Ibuprofen ²	Depending on program policies for administering OTC meds	x	x	x	x	x
Acetaminophen ²	Depending on program policies for administering OTC meds	x	x	x	x	x
Loperamide ²				x	x	x
Pepto-bismol ²	Chewable			x	x	x
Antifungal topical cream ²				x	x	x
Oil of clove or Oragel ²				x	x	x
Dental wax				x	x	x
Eye antibiotic drops ²				x	x	x
Ear antibiotic drops ²				x	x	x
Cold/flu/sinus meds ²	Day and night			x	x	x
Yeast infection meds ²	Kit with topical and oral			x	x	x
Neo-citron ²				x	x	x
Antibiotic – for infected and high-risk wounds ¹						
Antibiotic – for UTI and GI infections ¹				x	x	x
Prescription analgesic ¹	Example Tylenol w/codein	x	x	x	x	x
Topical antibiotic ointment or cream ²	OTC: Polysporin Best: Fucidin ¹	x	x	x	x	x

¹With authorization and consultation from a physician advisor
² Depending on program policies for administering OTC meds

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Wounds

Item	Notes	Small personal kit	Group kit for front country day trips	Expedition group kit	Expedition group kit - when weight and space aren't limited	Search and rescue team kit or vehicle / large boat / base support kit
10% povidone iodine solution	In small leak-proof container	x	x	x	x	x
Sterile gauze pads	2"x2" or 4"x4"	x	x	x	x	x
Non-stick gauze pads	Example: Telfa	x	x	x	x	x
Q-tips		x	x	x	x	x
Steri-strips		x	x	x	x	x
Band aids			x	x	x	x
Knuckle band-aids			x	x	x	x
Large rectangular band aids			x	x	x	x
Tegaderm	Waterproof, breathable, transparent 'window' dressings	x	x	x	x	x
White tape		x	x	x	x	x
1" vet wrap (self adherent wrap)	Example: Coban		x	x	x	x
Burn dressings				x	x	x
Consider: other fancy dressings						
Elastic rolls			x	x	x	x
3" vet wrap (self adherent wrap)		x	x	x	x	x
Triangular bandages			x	x	x	x
Gauze rolls			x	x	x	x
Abdominal gauze pad	Giant dressing		x	x	x	x
Consider: commercial tourniquet						
Consider: commercial pressure dressing						
Sam splint					x	x

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Miscellaneous						
Item	Notes	Small personal kit	Group kit for front country day trips	Expedition group kit	Expedition group kit - when weight and space aren't limited	Search and rescue team kit or vehicle / large boat / base support kit
Menstrual pads and tampons			x	x	x	x
Duct tape		x	x	x	x	x
Lighter / matches		x	x	x	x	x
Flashlight / headlamp		x	x	x	x	x
Glowsticks			x	x	x	x
Bug headnet			x	x	x	x
P-cord		x	x	x	x	x
Zip ties		x	x	x	x	x
Safety glasses / spare sunglasses			x	x	x	x
Garbage bags			x	x	x	x
Flagging tape			x	x	x	x
Water purification tablets		x	x	x	x	x
Bug repellent	Cream in leak-proof container	x	x	x	x	x

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Rescue / extrication / packaging						
Item	Notes	Small personal kit	Group kit for front country day trips	Expedition group kit	Expedition group kit - when weight and space aren't limited	Search and rescue team kit or vehicle / large boat / base support kit
Commercial litter					Sometimes	x
Vacuum mattress					Sometimes	If you have the \$
Chain saw					Sometimes	Sometimes
Tarp ³	For shelter, pt. packaging, improvised litters	Or 'rescue blanket'	x ³	x [±]	x ⁴	x
Fleece blanket ³	Synthetic		x ³	x	x	x
Sleeping bag ³				x ⁴	x ⁴	x
Extra rope and rigging gear	Depends on type of trip and terrain					
Communications device		Sometimes	x	x	x	x
Emergency contact list and safety plan		Sometimes	x	x	x	x
Maps / compass / GPS		Sometimes	Sometimes	x	x	x
Lightweight inflatable camping mattress or insulate pad		Sometimes	x ³	x ⁴	x ⁴	x
Folding saw, machete, axe		Sometimes	x ³	x ⁴	x ⁴	
Repair kit		Sometimes	Sometimes	x	x	x
Extra food and fishing tackle		Sometimes	Sometimes	x ⁴	x ⁴	x
Extra clothing layers			x ³	x ⁴	x ⁴	x

³On day trips, these items sometimes go together in a 'hypo wrap' kit or can be spread out amongst the group. The point is, having items to help package or move a patient and keep them warm can be more beneficial than any piece of medical equipment or medication. On expeditions you usually have these things anyways—but they often get forgotten on day trips and can be life-savers.

⁴These items are usually part of your camping gear on an expedition but you might consider keeping some of these items ultra-accessible so that you can get to them quickly in an emergency.

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