

## FIRST AID KIT CONSIDERATIONS

A First Aid Kit is an essential part of daily living. Among other things. When designing your first aid kit, you will need to consider several prerequisites and variables. These include:

1. Your medical expertise in physical assessment and diagnosis
2. Your expertise with the equipment and pharmaceuticals you carry
  - o Red Cross, CERT, Wilderness training, training at our meetings
3. The environmental extremes of your location and or destination
4. The duration and time of each evolution (day/night)
5. The distance you will be from definitive medical care and availability of professional rescue.
6. The number of people the kit will have to support
7. The pre-existing illnesses that you and someone else may have
8. If you're not fit or healthy, you can't expect to treat others well
9. Cross training in First Aid is essential to the health of the group

**\*\*IFAK- Personalized. A MUST HAVE. If you're the medic for your group, you're #1**

The 1<sup>st</sup> Aid Kit should be in a protective and convenient carry bag or hard case.

It should be organized according to its function and rate of use.

Bags with clear vinyl compartments are superior over mesh-covered pockets.

The kit should be stored in a waterproof dry bag or water-tight container. All items should be sealed in zip-lock bags to prevent contamination from moisture, dirt and insects.

Medications have Expiration dates and may have to be stored separately due to its sensitivity to heat and cold. Be aware of spoilage.

Periodically reviewing the kits to make sure all is in order, resupply things used, and change-up what is being carried.

Should I have antibiotics? Where do I get them? What about herbal medicines?

Advanced tools (surgical kits, IV's, etc), narcotics (morphine, lidocaine, etc), and how to get them.

## EXAMPLES of FIRST AID EQUIPMENT

1. Sam Splint
2. Hyperthermia & Hypothermia thermometers (85-107F)
3. CPR Shield for mouth to mouth rescue breathing
4. Bandage scissors (Multi-tool)
5. Q-Tips
6. Duct tape
7. Safety Pins
8. Accident Report Form
9. Pencil
10. Plastic resealable (zip-lock) bags
11. 10-20cc irrigation syringe with an 18-gauge catheter tip/Sandwich baggies
12. Povidone iodine solution USP 10% (Betadine)/Hand sanitizer
13. 1/4" by 4" wound closure strips
14. Tincture of Benzoin
15. Forceps or tweezers
16. 1<sup>st</sup> Aid cleansing pad with lidocaine
17. Antiseptic towellettes with Benzalkonium chloride
18. Surgical Scrub brush
19. Nitrile barrier gloves

## BANDAGE MATERIAL

- 8X10 or 5X9 Sterile Trauma Pads
- 4X4 Sterile Dressings
- Non-adherent Sterile Dressings
- Roller Gauze or Kling
- Elastic roller bandage or Ace Wraps
- Combat Gauze, Israeli Bandage, Israeli Gauze, Chest Seal
- Chito Gauze\*
- Decompression needle\*
- Assortment of strip and knuckle adhesive bandages (Band aids)
- Stockinet bandage
- Molefoam
- Moleskin
- Tape/Duct tape
- Triangular Bandage

## NON-PRESCRIPTION MEDICATION

- Polysporin or double antibiotic ointment
- Aloe Vera gel
- Glutose Paste
- Ibuprofen
- Acetaminophen
- Diphenhydramine
- Aloe Vera Gel
- Hydrocortisone Cream 1%
- Aluminum Hydroxide and Simethicone Tablets(Mylanta)
- Imodium
- Oral Rehydration Salt Packets

## RECOMMENDED PRESCRIPTION MEDICATION & EQUIPMENT

- AED\*
- Epi E-Z Pen Auto-Injector (adult)\*
- Epi E-Z Pen Jr. Auto-Injector (Pediatric)\*