

## Wilderness First Aid (Leader Pack) Basic

- used for a whole patrol or group vice individual kit
- can be modified depending on the event (should be used as a baseline)
- all items are small in nature and weight should be considered as a factor
- Each bag is a large, medium or small ziploc bag
- All should fit in a tri fold medium to large medical bag sold at most EMS/Outdoor stores

### GENERAL

Northern Lights - Glow Stick

Rite in the Rain - all weather journal (small)  
pencil/pen

Sharpie - permanent marker (small)  
- small bag fluorescent flagging tape

Emergency Poncho

Whistle

Duct Tape around nail (rewrapped)

Two sets of biohazard gloves

Medical Scissors

Lip Balm with SPF Sunscreen included  
small flashlight

25ft nylon/spectra cord (550 cord)

medical tape (hypo allergenic, waterproof)

1 - face mask

### DISINFECTANT

3-4 anti-septic toiettes

3-4 Benzal Koninen Chloride anti-septic toiettes

small bottle alcohol hand sanitizer

### ANTI BIOTIC OINTMENT

small pack Qtips (10 or so)

small compound benzoin tincture

Safetex triple antibiotic ointment packets

Swift triple antibiotic ointment packets

Bacitracin triple antibiotic ointment

### BURNS

aloe vera packets

Burn Stop cooling gel packets

### BANDAIDS

10-20 bandaids (multi-size, multi-shape)  
10 steri-strips

#### BLEEDING/WOUND CARE

Quikclot Sport (1.75oz)  
4 - 4x4 sterile gauze pads  
1-2 Hemostatic Bandage  
1-2 Sterile surgical pad (large)  
2 small tampons  
Two sets of biohazard gloves

#### MUSCLE, BONE, JOINT INJURY

1-2 Sam Splints  
2 Elastic Bandages  
1-2 rolls hypoallergenic / waterproof tape  
2-3 triangle bandages  
2-3 roller gauze  
2-3 safety pins (large)

#### COLD COMPRESS

1 Cold Compress Bandage (blue gel type, store in light water sealed bag)

#### DIABETIC

CVS Glucose tablet roll  
Betty Crocker Decorator Icing tube

#### DENTAL

Orajel tube (.25oz)  
Dental floss  
Dentek - Temparin Max - lost filling/cap repair  
Dentek - small tooth trowel  
2 CVS small tooth tool for braces

#### INFECTIOUS WASTE

separate red bag inside this separate bag for blood, fluid, etc.. material

#### BREATHING

Safecare Asthma Care - homeopathic spray (2floz)  
1-2 face masks

#### DEHYDRATION

Endurolytes Fizz (13 tablets)

#### IRRIGATION

Salinaax Eye wash (15ml)  
30ml or larger syringe

#### SHOCK

Adventure Medical Kit Emergency Blanket

#### BLISTER CARE

Two sheets Moleskin

#### FEVER

four to five Feverbug Stickers  
Bekool soft gel sheets

#### COLD EMERGENCIES

Super Hot Hands hand / body warmers

#### BITES AND STINGS

Cortaid poison ivy care toxin removal cloths  
3-4 Sting and Bite pad wipes  
3-4 Hydrocortisone Cream packets  
Plastic Card for scraping  
Tweezer/magnifying glass combo device  
Tick Key  
Sting ease

#### POISONOUS PLANTS

Zanfel - washes poison ivy/oak/sumac  
Technu  
Cortaid Cream  
Calamine lotion

#### FIRESTARTER

Flare - Orion 15min red emergency flare

#### MEDICATION

hard plastic day to day medicine container  
put different medicine in each "day" container (all should be chewable and in individual packages)  
Immodium, Ibuprofen, Pepto Bismol, Benadryl, Tylenol, Aspirin, Antacid