

Example First Aid Kit for 2-3 people for two weeks in the field

Medications

Pain reliever/fever reducer drug (e.g. acetaminophen) – 10-15 doses
Anti-inflammatory drug (e.g. ibuprofen) – 10-15 doses
Anti-histamine – 5 doses (increase if anyone in your group has allergies or carries an epi-pen)
Electrolyte tabs – 5 doses
Anti-diarrheal – 3 doses
Hydrocortisone – small tube
Antibiotic Ointment – small tube
Burn Cream – 2 packets

Miscellaneous

ACE Bandage - 1
Athletic tape (1" width) – 1 roll
Moleskin/molefoam – 3-4 sheets (or more if your trip is backpacking-focused)
Ziplock baggies – 2
Sunscreen – large tube
Bug spray – varies
Emergency blanket

Tools

Tweezers - 1
Oral thermometer - 1
Bandage Scissors - 1
Irrigation syringe - 1
Triangular Bandage - 2
Safety Pins - 3
CPR Mask - 1
SAM splint - 1
Gloves – 2-3 pairs

Wound Management

Band aids – 10 (variety of sizes)
Wound closure strips – 2 packs
4" x 4" gauze pad - 4
Non-adherent dressing - 3
Gauze roll - 1
Antiseptic Wipes - 10
Tincture of benzoin swab – 2-3

Other things to consider adding to your kit

Yeast Infection Treatment
Antacids
Glucose or other sugar
Tampons
Menstrual Pads
SOAP Note forms
Small bottle of eyewash
Sting ease pads
Wilderness Medicine handbook
Pen or pencil and paper