

BACKPACKING FIRST AID KIT			
Item: Generic (Common Name)	Description & Purpose	Solo Kit	Group Kit
<b>DON'T FORGET</b>			
The thing between your ears	Research beforehand the conditions, identify risks, make conservative decisions, & respect your limits. Also, be resourceful when a first aid situation occurs -- you can't plan for everything.	Critical	Critical
<b>MEDICATIONS</b>			
<a href="#">Ibuprofen (Advil)</a>	Pain relief and anti-inflammatory; fever and headache reducer. NSAID. Potential allergen.	Suggested	Suggested
<a href="#">Acetaminophen (Tylenol)</a>	Pain relief; fever and headache reducer. Substitute for NSAID, or combine for extra relief.	Optional	Suggested
<a href="#">Aspirin</a>	Heart attack prevention. Need correlates to age and health of individual(s).	Depends	Depends
<a href="#">Loperamide (Imodium)</a>	Antidiarrheal. Can be a trip-saver: improves comfort, prevents dehydration.	Suggested	Suggested
<a href="#">Herbal laxative</a>	GI back-up is common after long flights & drives to trailheads. Alt: laxative pills or powders.	Depends	Suggested
<a href="#">Ranitidine (Zantac)</a>	Fast-acting heart burn relief. Usually a known issue beforehand. Alt: Tums.	Depends	Suggested
<a href="#">Diphenhydramine (Benadryl)</a>	Anti-histamine, for acute allergic reactions. Doubles as a sleep aid - same drug & dosage.	Suggested	Suggested
<a href="#">Cetirizine (Zyrtec)</a>	Non-drowsy relief from seasonal allergies. Alt: Zyrtec-D or Loratadine (Claritin).	Depends	Depends
<a href="#">Epinephrine injection (EpiPen)</a>	For known anaphylaxis reaction to bee sting, peanuts, etc. Rx only; use needs physician okay.	Depends	Depends
<a href="#">Caffeine (No-Doz)</a>	Prefer coffee, but pill is fast & effective. Full pill can be very strong; try quarter or half.	Optional	Suggested
<b>WOUNDS &amp; INJURIES</b>			
<a href="#">Bandages (Band-Aids)</a>	Run-of-the-mill cuts & scrapes. Assorted sizes & finger/knuckle. Breathable fabric longer-lasting.	Suggested	Suggested
<a href="#">Skin closures (Steri-Strips)</a>	Substitute for stitches. Practice beforehand - need to get these right.	Suggested	Suggested
<a href="#">Sawyer ChitoSAM Active Dressing</a>	Fast-acting blood clotter for severe bleeding from knife, firearm, fall, etc. Alt: Celox granules.	Depends	Depends
<a href="#">Krazy Glue</a>	Part of repair kit. Quickly seals cracked skin on fingers & feet. Avoid more extensive use.	Suggested	Suggested
<a href="#">Roll gauze</a>	Dressings & DIY bandages. 2-in roll is functional, compact. Alt: gauze pads or clothing.	Optional	Suggested

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<a href="#">Triple antibiotic (Neosporin)</a>	Fights infection. Single-use packets or squeeze tube. More critical on longer trips.	Optional	Suggested
<a href="#">Nitrile disposable gloves</a>	Prevent body fluid transmission and wound contamination, from group member or stranger.	Optional	Suggested
<a href="#">Leukotape P</a>	More adhesive than med tape. Put 12-in strips on discarded mail label paper. In group, add roll.	Suggested	Suggested
<a href="#">Cloth tape</a>	Very versatile. Stabilize joints & secure bandages. Alt: Leukotape roll.	Optional	Optional
<a href="#">Benzoin tincture</a>	Improve adhesiveness of bandages & tapes. Store in dropper bottle. More critical for foot care.	Suggested	Suggested
<a href="#">Bonnie's Balm</a>	Combat chafing, but not a substitute for regular butt-washing. Double-duty for foot care.	Suggested	Suggested
<b>TOOLS</b>			
<a href="#">Scissors</a>	Cut tapes, gauze, clothing, cord, etc. Solo: Victorinix Classic. Group: Fiskars Blunt Tip, 5-in	Suggested	Suggested
<a href="#">Precision tweezers</a>	For splinters, ticks, cactus needles, etc. For tick-infested areas, consider additional tick ring.	Suggested	Suggested
<a href="#">Hand sanitizer</a>	For hands, tools, and possibly wounds. Decant into 1 oz bottle. Alt: Dr. Bronner's + water.	Suggested	Suggested
<b>WORTH CONSIDERATION, BUT DOES NOT MAKE MY CUT</b>			
<a href="#">Naproxen (Aleve)</a>	Take this or iburpfen. Need less naproxen, b/c it's longer lasting. Not as fast-acting though.	Unnecessary	Unnecessary
<a href="#">Sleep aid</a>	Same active ingredient & dosage as OTC med for acute allergy relief, diphenhydramine (Benadryl).	Unnecessary	Unnecessary
<a href="#">Transparent film (Tegaderm)</a>	Super Band-Aid: waterproof, see-through, barrier. Redundant with bandages & tape, usually overkill.	Unnecessary	Unnecessary
<a href="#">Irrigation syringe</a>	Clean dirt, rocks, & organic matter out of wounds. Improvise with H2O bottle. Also consider: Q-tips.	Unnecessary	Unnecessary
<a href="#">Self-adherent tape (Coban)</a>	Stabilize joints, secure bandages, protect skin. Stretchy, reusable. Redundant with tapes.	Unnecessary	Unnecessary
<a href="#">Triangular dressing</a>	Sling or stabilize bones or joints. Need is unlikely. Can be improvised with clothing & gear.	Unnecessary	Unnecessary
<a href="#">CPR mask</a>	Protects rescuer. Lightweight but bulky; low chance of use; can be improvised with glove.	Unnecessary	Unnecessary
<a href="#">SAM splint</a>	A nice-to-have for unlikely injury. Alt: MacGyver one from poles, pads, clothing, cord.	Unnecessary	Unnecessary