



## SAMPLE MULTI-DAY FIRST AID KIT

### **ABC Emergencies (Trauma)**

- Nitrile gloves (3-5 pair)
- CPR mask (1)
- Large abdominal combine dressing (1)
- Hemostatic dressing (1)
- Gauze roll (2)

### **Tools**

- Trauma shears (1)
- Irrigation syringe (1)
- Tweezers (1)
- Safety pins (2)
- Nail clipper (1)
- Plastic bag for bio-waste (1)
- Blank SOAP notes or paper and pencil (1)
- Field guide (1)
- Duct tape (rolled on pencil)

### **Wound Care**

- Assorted adhesive bandages (5-8)
- 4x4 gauze (5)
- 4x4 non-stick gauze (2)
- 2nd Skin burn dressing (1)
- Closure strips (1)
- Transparent dressing (3)
- Waterproof tape (1)
- Skin glue (1)
- Tincture of benzoin (2-3 single use vials)
- Mole skin and/or mole foam (2 pieces)

### **Musculoskeletal Injuries**

- Roll of athletic tape (1)
- Elastic wrap or self-adherent wrap (1)
- Triangular bandage (1-2)
- SAM splint (1)

### **Medications**

- Ibuprofen (5)
- Aspirin (2)
- Acetaminophen (2)
- Antihistamine (5)
- Antibiotic ointment (5)
- Electrolyte solution (1)
- Soap (1 small bottle)
- Povidone iodine (1)
- Hydrocortisone (3)
- Decongestant (1)
- Oral glucose (1)
- Chapstick or Vaseline (1)
- Anti-diarrheal (1)
- Laxative (1)
- Hand sanitizer (1)

### **Survival Gear**

- Emergency blanket (1)
- Fire starter (1)
- Communication device (1)
- Back up water disinfectant