



Recommended First Aid Kit Supply Lists

Be sure to follow your organization's protocol on communication and emergency response planning.

Small Groups

The supplies listed for this first aid kit are intended for groups smaller than five people with a recommended first aid training equivalent to an awareness of first aid.

Qty.	Wound & Bandaging Materials	Qty.	Instruments	Qty.	Other
10	Bandage, Adhesive, Fabric, 1" x 3"	1	CPR Face Shield, Laerdal	1	Duct Tape, 2" x 2 Yards
2	Dressing, Gauze, Sterile, 2" x 2", Pkg./2	1	Bandage, Elastic with Velcro, 3" OR vet wrap	1	Brief SOAP NOTE GUIDE with a place for notes
2	Dressing, Gauze, Sterile, 4" x 4", Pkg./2	1	Bandage, Triangular	1	Vial of hand sanitizer
2	Dressing, Non-Adherent, Sterile, 3" x 4"	1	Tweezers	3	Tampons (sm, md, lg)
2	Bandage, Conforming Gauze, 3"	1	Tiny scissors	3	Pads
2	Bandage, Adhesive, Fabric, Knuckle	3	Safety Pins	1	Sunscreen
1	Trauma Pad, 5" x 9"	1	Pencil	1	Bug Repellent
4	Alcohol swab pads	Medications		1	Water treatment chemicals
1	Medical Tape, 1" x 10 Yards	()	Prescribed medications of importance	1	Biodegradable soap
1	Syringe, Irrigation, 12 cc, 18 Gauge Tip	2	Oral Rehydration Salts (electrolyte powder)	2	After Poison Ivy/Oak Exposure Wipes
6	After Cuts & Scrapes Antiseptic Wipe	3	Ibuprofen (200 mg), Pkg./2	1	Mylar Heat Blanket
3	Povidone Iodine wipes or iodine	3	Acetaminophen (500 mg), Pkg./2	1	Matches, Waterproof
2	Cotton Tip Applicator, Pkg./2	3	Antihistamine (Diphenhydramine 25 mg)	1	Instructions, Easy Care Wound & CPR
1	Wound Closure Strips, 1/4" x 4", Pkg./10	3	Diamode (Loperamide HCl 2 mg), Pkg./1 (Imodium)	2	Moleskin sheet
2	Tegaderm (transparent semi permeable dressing)	6	Aspirin (81 mg), Pkg./2	6	Gloves, Nitrile (Pair)
3	Polysporin Ointment, Single Use			1	Contractor Bag

A.T. Sawyers

The supplies listed for this first aid kit are intended for A.T. sawyers with a recommended first aid training equivalent to general first aid training.

The items below should be located within your A.T. Sawyer First Aid Kit – **IN ADDITION** – to the above-mentioned materials from the Small Groups First Aid Kit.

Qty.	Wound & Bandaging Material	Qty.	Instruments	Qty.	Other
1	CAT Tourniquet	1	EMT Shears, 4"	1	Contractor Bag
1	Israeli Bandage 6"				
2	Quick Clot				
4	Dressing, Gauze, Sterile, 2" x 2", Pkg./2				
2	Eye Pad, Sterile				
2	Bandage, Conforming Gauze, 3"				
3	Hemostatic Gauze				
4	Dressing, Gauze, Sterile, 4" x 4", Pkg./2				
1	New Skin liquid bandage				
1	Aloe Vera Gel with Lidocaine, 1 oz				



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Trail Crews

The supplies listed for this first aid kit are intended for Trail Crews with five to twelve people and a recommended first aid training equivalent to Wilderness First Aid.

Qty.	Wound & Bandaging Materials	Qty.	Instruments	Qty.	Other
6	Dressing, Non-Adherent, Sterile, 3" x 4"	1	CPR Pocket Mask, Laerdal	10	Tecnu wipes (bottle if needed)
6	Dressing, Gauze, Non-Sterile, 4" x 4"	1	SAM® Splint, 4" x 36"	5	Moleskin Sheets
4	Bandage, Conforming Gauze, 3"	2	Bandage, Triangular	1	Molefoam, 3" x 5"
1	CAT Tourniquet	1	Bandage, Elastic with Velcro, 6"	1	Aloe Vera Gel with Lidocaine, 1 oz
1	Israeli Bandage 6"	2	Bandage, Elastic with Velcro, 3" (ACE type)	1	Comp. Guide to Wilderness & Travel Medicine
2	Quick Clot	1	Tweezers	3	Patient Assessment Form
10	Bandage, Adhesive, Fabric, 1" x 3"	1	Tick Key	1	Pencil
1	Trauma Pad, 8" x 10"		EMT Shears, 4"	1	Vial of hand sanitizer
1	Trauma Pad, 5" x 9"	3	Safety Pins	10	Alcohol swab pads
3	Hemostatic Gauze		Thermometer, Digital	2	Contractor Bags
2	Eye pad, Sterile	Medication		1	Insect Repellent
6	Gloves, Nitrile (Pair)	10	Ibuprofen (200 mg), Pkg./2	1	Sunscreen, SPF 30, 1 oz
1	New Skin liquid bandage	10	Acetaminophen (500 mg), Pkg./2	1	Zinc Oxide, 1 oz
2	Tape, 1" x 10 Yards (athletic and/or 3M Micropore tape)	20	Antihistamine (Diphenhydramine 25 mg) Benadryl	1	Mylar Heat blanket
2	Tegaderm (transparent semi permeable dressing)	20	Aspirin (81 mg), Pkg./2	5	Tampons
2	Wound Closure Strips, 1/4" x 4", Pkg./10	7	Antacid, Pkg./2 (chewable pepto bismol)	5	Pads
1	Syringe, Irrigation, 12 cc, 18 Gauge Tip	10	Diamode (Loperamide HCl 2 mg), Pkg./1 (Imodium)	1	Water treatment chemicals
12	After Cuts & Scrapes Antiseptic Wipe	1	Oral Rehydration Salts (electrolyte powder)	1	Biodegradable soap
1	Tincture of Benzoin Topical Adhesive, 2 oz	6	After Bite Wipe	1	Duct Tape, 2" x 5 Yards
8	Polysporin Ointment, Single Use	1	Glucose Paste (Glucose 15 g), sugar packets, or Gu energy gel		
1	Povidone Iodine, 2 oz	5	Cold Medicine, Medicidin-D, Pkg./2		
		3	Cortisone Cream 1%, 1/32 oz (.9 g)		
		()	Prescribed medications of importance		