

### Wilderness and Remote First Aid Kit Worksheet

Item/Discription	Quantity	Primary and Secondary Uses and Notes
Gauze bandage, 3-inch rolls	2	
Self-adhesive bandage, 2-inch roll	1	
Adhesive tape, 1-inch rolls	2	
Alcohol pads	12	
Povidone-iodine pads	12	
Assorted adhesive bandages	1 box	
Elastic bandages, 3-inch-wide	2	
Sterile gauze pads, 4-x -4-inch	12	
Moleskin, 3-x-6-inch	4	
Gel pads for blisters and burns	2 packets	

Item/Discription	Quantity	Primary and Secondary Uses and Notes
Antibiotic ointment (1 tube)	1 tube	
Hydrocortisone cream 1 percent	1 tube	
Triangular bandages	4	
Soap (1 small bar) or alcohol-based hand sanitizing gel (1 travel-sized bottle)		
Scissors	1 pair	
Tweezers	1 pair	
Safety pins	12	
Non-latex disposable gloves	6 pair	
Protective goggles/safety glasses	1	
CPR breathing barrier	1	
Wilderness and Remote First Aid Report Form/Rescue Request and pencil		

Item/Discription	Quantity	Primary and Secondary Uses and Notes
Instant cold compress		
Space blanket		
Original size SAM Splint		
Oil of cloves (eugenol)		
Denture adhesive		
Irrigation syringe		
Thermometer		
Commercial tourniquet		
Ibuprofen		
Children's chewable aspirin (81 mg)		
Acetaminophen		

Item/Discription	Quantity	Primary and Secondary Uses and Notes
Oral antihistamine		
Properly labeled prescription medications for individuals (e.g., EpiPen11, high-altitude drugs)		
Needle		
Alcohol (and/or vinegar)		
Tampons/pads		
Decongestant nasal spray		
Over-the-counter diarrhea medication		
Zinc oxide powder		
Chemical heat packs		

Item/Discription	Quantity	Primary and Secondary Uses and Notes

