

What should my First Aid Kit look like?



- toe sleeves (optional)
- moleskin (pre-cut sheets are better)
- butterfly bandages
- tube of Neosporin or other antiseptic
- assorted sizes of Band-Aids
- sterile pads/gauze
- small roll of medical tape
- blister bandages (optional)
- elastic bandage (Ace)
- tweezers
- razor blade (sterile)
- small mirror (optional, but handy for locating ticks, signaling for help)
- nail clippers
- safety pins
- needle, heavy thread, and scissors
- ibuprofen, aspirin (Tylenol, Aleve, etc.)
- indigestion, accidental poisoning (Imodium, charcoal tablets, etc.)
- small tube of anti-itch cream
- small vial of baking soda
- small vial of aloe vera for burn relief
- small vial of smelling salts (optional)
- hand sanitizer wipes (individually packaged)
- bbp (blood-borne-pathogens) barrier (optional)
- CPR barrier and training on how to use it (Ambu makes one small enough to fit on your keychain)
- whistle
- space blanket
- personal medications (as needed: inhaler, epinephrine, etc.)

“Know thyself” and “expect the unexpected” are key mantras to keep in mind when putting together a first aid kit. Are you prone to migraines or blisters? Are you allergic to bees? Do you have asthma? I don’t always carry every one of these items on the list above, but ask yourself what you would do if the unexpected did occur. Would you have the tools necessary to mediate the situation? Groups of 3 to 7 are ideal, since first aid gear can be split amongst the group to share weight—as long as you all stick together; however, keep a personal kit on your person at all times. A wilderness emergency can often amplify an otherwise minor medical situation due to extenuating circumstances involving environmental extremes, lack of communication/remoteness of incident, and limited or improvised equipment. Be prepared. Stay calm. Think it through.

~Safe Travels, from your Ranger Librarian