

Appendix 5: List of first aid kit essentials

General Supplies: Single use or consumable items that need replacing after each use

Hygiene & Antiseptics

- Alcohol wipes/antiseptic towelettes
- Iodine
- Nitrile gloves
- Hand sanitizer

Bandages & wound coverings

- Adhesive tape
- Adhesive bandages (bandaids) - multiple sizes
- Sterile gauze bandages
- Roller bandages
- Absorbent compress
- QuikClot bandage
- Moleskin tape
- Sterile wound closure strips

Medication and ointment

- Antibiotic ointment
- Oral antihistamines (Benadryl, Zyrtec, Claritin)
- Topical anti-itch lotions (hydrocortisone, Calamine)
- Oral pain relievers (NSAIDs: Ibuprofen, acetaminophen, Naproxen sodium, or aspirin products)
- Anti-diarrheal medicine - Loperamide, Imodium, or any other Loperamide product
- Antacids like pepto-bismol or Maalox
- Eye wash
- Ammonia inhalant ampoules

Other

- Oral rehydration salts
- Instant cold packs
- Instant heat packs
- CPR mask
- Duct tape
- Superglue

General Supplies: Reusable (replace after wear)

- Waterproof carrying case for first aid kit, ideally unzips and lays flat
- Wilderness field medicine guide such as:
 - [Wilderness Medicine Handbook](#)
 - [Field Guide to Wilderness Medicine](#)
 - [Wilderness and Remote First Aid Emergency Reference Guide and Pocket Guide](#)
 - [NOLS Wilderness Medicine Pocket Guide](#)
- First aid scissors and EMS shears
- Miscellaneous forceps and fine point tweezers
- Pencil + Paper for vitals and symptoms notes, Rite in the Rain or similar notebook preferred
- Irrigation syringe
- SAM splint
- ACE bandages
- Tick-twisters
- Thermometer
- Hand mirror

Prescription or training needed

- Epi-Pen
- Tourniquet

Note: This is a basic list and not intended to be comprehensive. Depending on the nature of field research, supervisors may supplement this basic field kit with more specific supplies to fit their needs. Supervisors may include considering the field site's proximity to fires, hunters, and length of trip.

Additional First Aid Kits Lists:

- National Outdoor Leadership School (NOLS) [27 Considerations for a Wilderness First Aid Kit](#)
- Berkeley Field Safety [First Aid Kit](#)
- Boston University [First Aid Resources in the Field](#)
- REI [First Aid Kit Checklist](#)