

OOPS First Aid Kit with Explanation

Latex Free Gloves (4pr) – Use for any wound cleaning, dressing or anytime bodily fluids put first aider at risk

CPR Shield – First aider protection when providing CPR

Paramedic Shears – blunt tip to protect patient while cutting through clothes, bandages, gloves. Cuts Moleskin

Forceps – Not only for splinters and ticks, but for removing debris in an abrasion or wound

Small flashlight – **Not included but should be part of your 10 essentials while kayaking**, helpful for improved visualization of wounds when needed.

Chemical Handwarmer (2) - for hypothermia use

Space Blanket – useful layer in hypothermia

Write in Rain Index cards and Pen - For writing record of vital signs, accident & radio report

Bandages 1"x 3"- (8)

Large Bandages 2"x4" (4)

Steri strips (8) - Topical sutures used to close small lacerations

Knuckle Bandage (4)

2x2 Pads (4)

4x4 Pads (2)

Non-Adherent Dressing - small

Non-Adherent Dressing - large

Surgipad/Abdominal Pad - trauma pad for heavy bleeding. Packed on top of first aid kit for easy access

Kling (self-adherent wrap) - Non-Sterile is an **absorbent gauze roll**, which stretches and conforms to the body shape and clings to itself as it is wrapped. This bandage conforms to the wound area and offers flexibility to allow for body movement

Coban - (self-adherent wrap) – use as a pressure bandage for bleeding wound on a limb. Also used for securing dressings

Medical Tape – use to secure dressings

Benzoin or dressing adherent pads (2) Used to prep skin for adhesive tapes. Essential in a wet environment to make things stick. Consider purchasing a vial/bottle of benzoin if on remote multiday trip.

Tegaderm (3) - Waterproof, breathable dressing. Choice method for protecting wounds in wet environments. Allows visualization of wound.

Moleskin - apply to “hot spots” (irritated sensitive skin) before a blister develops

Irrigation Syringe - use for irrigating wounds with clean water or diluted betadine solution

Alcohol swabs (4) - Use to sterilize forceps prior to use

Hand washing pads (4) - for gritty dirty hands before using Hand Sanitizer

Hand Sanitizer small bottle– for quick cleansing of hands prior to administering first aid and especially wound care.

Betadine/Povidone (10%) Iodine swabs (1) - Swab can be used to make a diluted solution to clean wounds with irrigation syringe

Antibiotic Ointment (6) - to prevent infection in cuts, scrapes, burns

Cotton tip applicators (1 package) – May be used to remove insects and other foreign material from eye.

Instant Cold Pack - apply to affected area immediately to reduce swelling and pain

Triangle Bandage with Safety pins – multiple uses for restraining joint injuries

Sam Splint - a versatile lightweight foam-padded aluminum splint for fractures, immobilize joint above and below

3" Ace wrap - for sprains as well also good for compression and holding a pressure bandage

Chewable Baby Aspirin (8) – For suspected heart attack, provide 2-4 tablets, call 911

Ibuprofen (8) - 400 mg every 4-6 hours, **maximum** dosage 3200mg/24 hours to relieve headaches, pain, fever, and simple sprains or strains. Avoid if kidney disease.

Benadryl (8) - 25-50 mg for allergic reaction. May take 50 mg every 4-6 hours. May cause drowsiness

Acetaminophen (8) - 500-1000 mg. Maximum dosage of 3000mg/24 hours to relieve headaches, pain, fever, and simple sprains or strains. Avoid if liver disease.

Glucose Paste - for treating low blood sugar and insulin reaction in diabetics, and can be used for hypothermia

Hydration tablets - Take 2 with water for heat cramps, prevention of heat exhaustion.

Face Mask - To protect first aider for suspected Covid/Flu/RSV exposure

Head Lamp (waterproof preferred) – **Not provided**. Please carry one on every trip