

TOD'S LIGHTWEIGHT FIRST AID KIT

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| Blisters | |
| Moleskin® | 1 ea 4"X4" sheet |
| Second Skin® | 1 ea 2" x 2" sheet |
| Benzoin tincture | One of the Sepp® applicators as a tape adherent. |
| Wound Care | |
| Gauze pads 2"x2" | 4ea of these for cleaning and dressing small wounds. |
| Gauze pads 4" x4" | 2 ea for dressing small wounds |
| Topical antibiotic cream | 3-4 small (.9 gram) packets to coat a wound dressing as a barrier against infection. |
| Band-Aids | 6 ea of these 1" x 3" adhesive bandages are convenient for small cuts. |
| 10% povidone-iodine | 1/2 oz. (Betadine®) Current medical research shows that copious clean water irrigation is all that most wounds need. This research however, is done in nice clean hospitals. The wilderness is not sterile, so I bring a small amount of Betadine® along. |
| Alcohol prep packs | 4 ea for minor wound cleaning. Some folks have adverse reactions to iodine prep packs. |
| Iodine prep packs | 4 ea for minor wound cleaning. |
| Wound closure strips | 5 ea of these to close small wounds. |
| Transparent occlusive dressing | 1 of these (e.g. Opsite™ or Tegaderm™) to dress wounds, especially if the environment is moist. These dressing are not durable and don't work well in places that see a lot of bending or wear and tear. |
| Tweezers (tiny) | These weigh next to nothing, so why not? Splinters are irritating and a locus for infection. |
| Body Substance Isolation | |
| Nitrile gloves | 2 pr. Most of your small wounds and blisters can be managed without gloves. |
| Face shield | 1 ea. I guess bringing this shows I am a medical geek. True lightweights would improvise from a plastic bag or one of their nitrile gloves. |
| Sprains | |
| Athletic tape | 1 roll. 1" x 10yds I usually have a 1/2 roll, which can tape an ankle. |
| Ace® bandage | 3" x 3'. I cut a standard Ace roll down to 3'. This is enough to wrap an ankle or secure a splint. |
| Safety pin | 2 ea. Helpful in securing the ACE or improvising a splint. |
| Mediations* | |
| Ibuprofen | 12 ea 200mg tablets. 24 hours of mild to moderate pain management and a mild anti-inflammatory. (adult OTC dosing 2 tablets every 6 hrs) |
| Acetaminophen (e.g. Tylenol®) | 6 ea 500 mg tablets. 24 hours of mild to moderate pain management. (adult OTC dosing 1-2 tablets every 4-6 hrs) |
| Aspirin | 2 ea 325mg tablets. I'm over 50 and might need this for cardiac chest pain someday. (adult dosing 1 tablets every 24 hrs) |
| Hydrocortisone cream 1% | 4 ea of the .9gr packages. For relief of pain and itching of poison ivy, oak and sumac, insect bites and other allergic skin reactions. |
| Diphenhydramine hydrochloride (e.g., Benadryl®) | 6 ea 25mg tablets. This is 12hrs of possible relief for respiratory allergy and cold symptoms and the itching of allergic skin reactions. Useful in treatment of moderate allergic and anaphylactic reactions. (adult OTC dosing 2 tablets every 4-6 hrs) |
| Pseudoephedrine hydrochloride (e.g., Sudafed®) | 4 ea 60mg tablets. This decongestant is useful in treating upper airway sinuses and nasal passages. (adult OTC dosing 1 tablets every 4-6 hrs) |
| Calcium carbonate (e.g., Tums®, Maalox®) | 4 ea 500mg tablets for symptomatic relief of heartburn, acid indigestion, sour stomach. |
| Loperamide hydrochloride (e.g, Imodium®) | 4 ea 4mg tablets for use in the control of diarrhea. |
| Epinephrine | I carry 2 ampules of 1:1000 epinephrine and 2ea .5cc syringes. This may mark me as a medical geek as well, but it's light, might save a life and I can't improvise it. |

* We don't think of these as medicine, but a 1 oz bottle of alcohol hand sanitizer and 2 oz of biodegradable soap are critical prevention items, as are my sunscreen, insect repellent and water disinfection system.

TOD'S FIRST AID IMPROVISATIONS:

Mole foam: I'll trim my sleeping pad if I want padding.

Blister bandages: These products (e.g. Blist-o-ban®, Blister Blocks™ etc) can work well, but my moleskin and Second Skin® setup is less expensive.

Duct tape: I have a small amount stashed with my repair kit.

Scissors: My small, sharp knife can, with patience and care, do the necessary cutting and trimming.

Large Gauze pads: If I need these I'll improvise from clothing.

Clotting compounds and bandages: These are relevant for tactical or military medicine. Their need is rare on a backpacking trip.

Triangular bandages: My bandannas are large and serve this function.

Needles: My small sharp knife will pop a blister.

Rolled gauze bandages: I'll use my bandannas for this function. You could choose to carry a small 3" roll instead of the 2X2 gauze pads. You can trim off pieces of gauze for dressings and still have the roller bandage function. These bandages are rarely sterile, but neither is your 2X2 after opening the package in the wilderness.

Other medications: My selection of medications is intended to cover the minor miseries than can affect our trip. You can choose different medications i.e. Pepto-bismal instead of Tums, Naproxen or other NSAIDs instead of ibuprofen, an auto-injector instead of a syringe and ampule system for your epinephrine. If you know you tolerate ibuprofen well, you can delete the acetaminophen.