

AMCDV Recommended first-aid kit for leaders

Note: This is an extensive first-aid kit for a backcountry hike or a multi-day trip. If you are leading a less intensive activity such as a Valley Forge hike or a bike trip, you won't need to carry all of this gear because of the immediate availability of medical assistance. In addition, if you are unfamiliar with items on the list you certainly don't want to perform the first-aid. (Asking if any participants are first-aid trained is always important and then you can hand your extensive kit to this trained person.) Bottom line: It is highly recommended that you take a first-aid course, especially a backcountry first-aid course, if leading this style of activity.

Swiss Army Knife (for all of the tools)
"One use only" tweezers for ticks (to avoid cross-contamination)
Several 3X3 sterile pads
Several 8X7 surgipads or Kotex Maxi-Pads (for major blood loss)
Two gauze bandage rolls
First aid tape
Dozen band-aids
Antibiotic ointment
Several SOAP notes <http://amcdv.org/Leadership/forms/Soap-Note.pdf> (record vital information)
Pencil (pens don't work well in the cold, and dry up)
"Cheat sheets" from your first-aid training course
Several second skin pads (for blisters)
Mole skin package (for blisters)
Dozen sting-kill ointment applicators (bee stings)
Dozen Benedryl *(for allergic reactions such as bee stings)
Space blanket
Several pair surgical gloves
Bandana (multiple purposes)
Several triangle bandages
One elastic bandage roll
Safety pins
SAM splint
Duct tape (reasonable amount - for everything from repairs to splints)
Aspirin * (heart attack)
Ibuprofen & Tylenol *
Pepto Bismol or similar *
Rehydration Salts
CPR breathing mask (if you are CPR certified, or for use by a participant who is)
Surveyor tape (mark path for rescue team)

*Remember, as an AMC leader, you can make over-the-counter medications available to adults, but you may not direct someone to take them. Over-the-counter medications should only be made available to a minor with the permission of a Legal guardian or parent. Note that medications must be replaced periodically, based on expiration dates and exposure to heat.

1. Thou shalt find it impossible to put together the perfect first aid kit.
2. Thou shalt choose things for your first aid kit that are versatile rather than specific.
3. Thou shalt not carry anything in your first aid kit that you are not familiar with.
4. Thou shalt re-pack your first aid kit at least seasonally.
5. Thou shalt not forget that the first aid kit that saves lives is not made of items stuffed in a Zip-loc bag but skills carried in the human brain.

These are the recommendations made in *Medicine for the Back Country* by Buck Tilton and Frank Hubble, ISBN 0-934802-61-0. This is the book used in the SOLO wilderness first aid courses.