



November 18-20, 2016

ADVENTURE CAMPING

What's a Guider to do? The girls want to adventure camp and/or trip.

Wilderness First Aid Kit:

Equipment

- First aid manual
- Pen/pencil and paper SOAP notes
- Waterproof zip bags
- Waterproof matches/lighter
- Tweezers
- Magnifying glass
- Mirror (unbreakable)
- Flashlight
- Needles
- Safety pins (several sizes)
- Scissors or trauma sheers/crash scissors
- Cold and hot packs
- Thermometer
- Tongue depressors
- Splint (mesh or inflatable)
- Plastic finger splint
- Space blanket
- Sterile gloves at least 3 pr Nitrile preferred
- Mask with 1 way valve
- 25-60cc syringe with narrow tip

Ouch kit – carried separate- may be several

- Hand wipes
- Alcohol wipes
- Assorted Band-Aids
- Possible – polysporin
- 1pr disposable gloves

External Applications

- Waterproof Band-Aids (several sizes) including butterfly
- Pressure bandages (several sizes) (maxi pads)
- Sterile gauze squares (several sizes) include 4*4 some non-stick at least 6
- Waterproof/ breathable (occlusive) wound dressings (2-3)*- 2*3 or larger
- Adhesive tape (several sizes) , athletic tape
- Sterile gauze rolls (several sizes) or vet wrap/coban
- Elastic roller bandages, Compression wrap(s)- 3"
- Triangular bandages 2 -3
- Eye pads or patches
- Moleskin , blister patches
- Q-tips



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Medications carried separate– as per the H7 form signed by parents:

- | | |
|---|---|
| <input type="checkbox"/> Polysporin cream – for abrasions, minor cuts | <input type="checkbox"/> Imodium – anti- diarrheal |
| <input type="checkbox"/> Poly eye/ear – for minor irritations | <input type="checkbox"/> Gravol - anti- nauseant for motion sickness and nausea |
| <input type="checkbox"/> Avon Care Deeply- for soothing skin irritation | <input type="checkbox"/> Benadryl- antihistamine for allergic reactions |
| <input type="checkbox"/> Life brand hydrocortisone cream – for soothing skin irritation, itching and swelling | <input type="checkbox"/> Advil cold and sinus plus – decongestant for cold or flu |
| <input type="checkbox"/> Tums- for stomach upset | <input type="checkbox"/> Ricola or Herbon cough drops for cough and sore throat |
| <input type="checkbox"/> Nuun tabs with water for electrolyte replacement | <input type="checkbox"/> Tylenol/Acetaminophen analgesic for pain and fever |
| | <input type="checkbox"/> Advil – anti-inflammatory for pain and swelling |