

Summit To Sound Search and Rescue

First Aid Kit Recommendations

| Item | Quantity | Application |
|--|---|--|
| Antacid | A roll | Indigestion/heartburn |
| Antibacterial Soap Tincture of Zepherin | At least an ounce in a plastic squeeze bottle | Mild antiseptic for minor wound treatment |
| Aspirin | Twelve 5 grain tablets | 1-2 tablets/4hours for pain |
| Band-Aids | A dozen 1" wide | For cuts |
| Barrier gloves | Two pairs | To protect against infection |
| Benadryl-(25mg) Diphenhydramine | 24 caplets | Antihistamine for allergies, bites, stings and topical inflammations |
| Elastic bandage | 3" wide | To secure dressings |
| Moleskin | A half-package | To pad blisters |
| Needle | A "medium" | To remove splinters |
| Personal medications | Enough for two days | Daily meds you may normally take at home and need in the field |
| Roller gauze | Two rolls 2"x5 yards | For holding gauze compress |
| Safety pins | Two medium, one large | Mending clothing tears |
| Saline & syringe | Two ounces or more | Flush eye or other wound |
| Steri-pad gauze | Four 4"x4" squares | For larger wounds |
| Tape, non-waterproof | A 2' roll | For sprains & securing dressings |
| Triangular bandage | One | For supporting and immobilizing and keeping clean |
| Tweezers | A pair | Splinter & tick removal |
| Specialty Team Additional Equipment | | |
| Dogs- muzzle | 1 | Minimize injury to helpers |
| Multi-tool | 1 | Cut wire/line/quill-removal |
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