



YOUR BASIC FIRST AID KIT

It is assumed that most hikers have the basic survival essentials on a moderate to a long hike.

HERE IS A LIST OF THE BASIC SUPPLIES:

Map, Compass, GPS, Water, Electrolytes, Extra food, , Extra clothes.

Pocket knife, flashlight-small (can purchase at the dollar store) Whistle, Waterproof matches, (Matches dipped in turpentine works-check the internet), Large garbage bag (orange is best).

Emergency blanket(dollar store),Sunscreen, Insect repellent, duct tape, Safety pins, Rain proof poncho, bear spray.

FIRST AID KIT (Everything should fit in a 6x8 Ziploc bag)

Dyck's pharmacy carries some of the products listed.

1. Small bottle of 1% SAVLON. This is a wonderful disinfectant which does not sting. Hydrogen peroxide- does kill bacteria but will damage your tissues.
2. Moleskin, (For hotspots).
3. Medium to light DUODERM (Blisters).There are other brand names.

DUODERM is a hydrocolloid (it interacts with the wound exudates or drains to form a gel with water) dressing marketed by CONVATEC. This latex free dressing has a triple hydrocolloid matrix with a viral and bacterial barrier. DUODERM is available in a variety of sizes and shapes and there is regular DUODERM and extra thin DUODERM.

YOUR BASIC FIRST AID CONT'D

4. Steri -strips ½" width. Are available in small packages. Use to close a wound temporarily.
5. Gauze Squares – 3x3". Are useful for wounds and scrapes. (Apply SAVLON or Saline first)
6. Kling roll bandages in 3" width are great for securing a dressing.
7. Small pkg. of Band Aids, Paper tape 1 inch
8. POLYSPORIN ointment for wounds and particularly for "road rash" abrasions.
9. A small pair of scissors to help with the dressing is useful.
10. Antihistamines, Gravol, Aspirin, Ibuprofen.
11. Latex gloves-mainly to protect yourself when doing dressings and it keeps your buggy hands off the patients wound.(2)

REGARDING BLISTERS OR HOT SPOTS:

HOT SPOTS: They are caused by friction. Your skin is not very slippery. Applying moleskin and duct-tape over a "hot-spot" area adds a protective layer between your skin and shoe. Thus as your shoe slides, it rubs against the tape or mole-skin instead of your skin.

BLISTERS:

You can use a sterile needle to open a small hole in the side of the blister and after thorough cleansing with SAVLON, you can express the fluid and then coat the blister with a thin layer of POLYSPORIN ointment and cover this with DUODERM (White paper tape can go over top).

HAPPY HIKING

Information was provided by Jim Tisdale& Dave Slater CONC members.