Appendix D
First Aid and Survival Kits

First Aid Kit: Comprehensive

Medical Information
1 Each Book: A Comprehensive Guide to Wilderness & Travel Medicine
1 Each Book: Illustrated Guide to Life-Threatening Emergencies

Essential Equipment
1 Each SAM splint
1 Each CPR Barrier Microshield
1 Each EMT shears
1 Each Thermometer (96°F - 107°F)
1 Each Thermometer (86°F - 100°F)
1 Each Duct tape
1 Each Splinter Picker forceps
1 Each Scalpel #11 blade, sterile
1 Each Sawyer® Extractor
1 Each Dental Filling Kit

Wound Management Items
4 Each Double Antibiotic ointment
6 Each Antiseptic towelettes
3 Each Tincture of Benzoin
1 Each 20cc Irrigation syringe
2 Pair Latex surgical gloves
2 Bottle Povidone iodine solution (1 oz.)
10 Each Wound closure strips
1 Each Surgical scrub brush


**Blister Items**
- 2 Each Moleskin
- 2 Each Spenco 2nd Skin®
- 1 Each Non-woven adhesive knit
- 1 Each Molefoam

**Infectious Control Items**
- 6 Pair Nitrile examination gloves
- 3 Each Antimicrobial hand wipes
- 1 Each Infectious control bag

**Bandage Materials**
- 16 Each 4x4 or 3x3 or 2x2 sterile dressing
- 4 Each Non-adherent sterile dressing
- 1 Each Adhesive tape, 10 yards (1/2” or 1”)
- 20 Each Strip & knuckle bandages
- 2 Each Trauma pads, 8x10 and/or 5x9
- 2 Each Conforming gauze bandage (2” or 3”)
- 4 Each Cotton tipped applicators
- 1 Each Elastic bandage with Velcro® (2” or 3”)
- 2 Each Triangular bandage
- 2 Each Stockinette bandage
- 2 Each Eye pad

**Medications**
- 10 Each Extra Strength Tylenol®
- 6 Each Antihistamine
- 10 Each Motrin®
- 3 Each Sting relief pads
- 1 Each Aloe Vera gel, 100%
- 2 Each Oral rehydration salts
- 6 Each Diamode (Immodium®)
- 1 Each Glutose paste
- 10 Each Dristan® Cold & Flu formula
- 8 Each Mylanta®
- 3 Each Cortisone cream, 1%
- 3 Each Tinactin® antifungal cream
Appendix D: First Aid and Survival Kits

Other Items
3 Each Safety pins
3 Each Accident report & pencil
4 Each Pill vials
1 Pack Waterproof matches

First Aid Kit: Personal

Medical Information
1 Each Book: *A Comprehensive Guide to Wilderness & Travel Medicine*
1 Each Book: *Illustrated Guide to Life-Threatening Emergencies*

Essential Equipment
1 Each EMT shears
1 Each CPR Barrier Lifemask®
1 Each Splinter Picker forceps

Wound Management Items
2 Each Double Antibiotic ointment
3 Each Antiseptic towelettes
1 Each Tincture of Benzoin
2 Each Butterfly closure strips

Blister Items
1 Each Moleskin (7x4)

Infectious Control Items
2 Pair Nitrile examination gloves
1 Each Antimicrobial hand wipes
1 Each Infectious control bag

Bandage Materials
6 Each 4x4 or 3x3 or 2x2 sterile dressing
2 Each Non-adherent sterile dressing (3x4)
1 Each Adhesive tape, 10 yards (1/2” or 1”)
7 Each Strip & knuckle bandages
2 Each Cotton tipped applicators
Medications
4 Each Extra Strength Tylenol®
2 Each Antihistamine
4 Each Motrin®

Other Items
3 Each Safety pins

One Person Survival Bag: Local

(Supports 1 person for 3 days)

1 Each Down sleeping bag
1 Each Bivy bag
1 Each Ensolite Pad, 24’x48”
1 Each Mountain tent w/instructions & repair kit
Tent stake bag contains:
10 Each Tent stakes
6 Each Ice screws
2 Each Snow flukes
1 Each Rock hammer
1 Each Collapsible snow shovel
1 Each First aid kit
1 Each Bottle of white gas (650/975 ml)
1 Each MSR stove w/repair kit & matches
1 Each Cookset w/2 pots and 2 lids
1 Each Plastic mug
1 Each Spoon
1 Each Pocket knife
1 Each Signal mirror
1 Each Survival manual
1 Each Novelty item, book, or game
1 Each Toilet paper roll
1 Each Parachute cord (50’)
1 Pair Wool socks
1 Pair Wool mits/gloves
1 Each Balaclava

Food
3 Each Dehyd. Meals
1 Each Big chocolate bar
6 Each Tea bags
6 Each Hot Chocolate
1 Pack Mainstay food bars (9)

**One Person Survival Bag:**
**Deep Field**

This survival bag is intended for use by an individual traveling away from an established camp on a daily basis. The fuel bottle is empty in the survival bag, and will need to be filled in the field; it cannot be flown full into the field by an LC-130. Otherwise all the contents are the same as in the Local One Person Survival Bag.

**Two Person Survival Bag:**
**Local**

*(Supports 2 people for 3 days)*

2 Each Sleeping Bags
2 Each Bivy Bags
2 Each Ensolite Pads, 24” x 48”
1 Each Mountain tent w/instructions & repair kit

Tent stake bag contains:
10 Each Tent stakes
<table>
<thead>
<tr>
<th>Quantity</th>
<th>Item</th>
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<tbody>
<tr>
<td>6</td>
<td>Each Ice screws</td>
</tr>
<tr>
<td>2</td>
<td>Each Snow flukes</td>
</tr>
<tr>
<td>1</td>
<td>Each Rock hammer</td>
</tr>
<tr>
<td>1</td>
<td>Each Collapsible Snow Shovel</td>
</tr>
<tr>
<td>1</td>
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<tr>
<td>1</td>
<td>Pair Wool socks</td>
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<tr>
<td>1</td>
<td>Pair Wool mitts/gloves</td>
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<tr>
<td>1</td>
<td>Each Balaclava</td>
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**Food**

<table>
<thead>
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<th>Quantity</th>
<th>Item</th>
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<tr>
<td>6</td>
<td>Each Dehyd. Meals</td>
</tr>
<tr>
<td>3</td>
<td>Each Big chocolate bar</td>
</tr>
<tr>
<td>12</td>
<td>Each Tea bags</td>
</tr>
<tr>
<td>12</td>
<td>Each Hot Chocolate</td>
</tr>
<tr>
<td>2</td>
<td>Pack Mainstay food bars (18)</td>
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</table>

**Two Person Survival Bag: Deep Field**

This survival bag is identical to the Local Two Person Survival Bag, except that fuel bottles are empty. Full
bottles cannot be flown on a LC-130. You must fill the fuel bottles when you arrive in the field. This Survival bag is intended for teams traversing away from a fixed field camp for the day.

**Crevasse Rescue Bag**

- 4 Pickets: 2 long and 2 short
- 1 Pair Ascenders
- 4 8-mm Prussiks
- 1 Belay Plate
- 4 Carabiners
- 4 Locking Carabiners
- 4 Slings: 2 medium and 2 long
- 1 Ice Axe Spare
- 1 Hammer
- 6 Ice Screws
- 1 Come-a-long
- 1 Shovel
- 1 Snowsaw
- 1 11 mm (or larger) x 50 meter Static Rope
- 1 11 mm x 50 meter Climbing Rope
- 1 Crevasse Ladder (Optional)