**Pacific Crest Trail Association**

**Recommended First Aid Kit Contents**

Meets OHSA requirements for saw crew first aid kits

**Wound Care & Bleeding**

4 Gauze pads (at least 4” x 4”)

2 Guaze/trauma pads (at least 8” x 10”)

2 rolls of gauze (at least 2” wide)

Bandages:

5 fabric 1” x 3”

2 dressing gauze 2” x 2”

4 dressing gauze 3” x 3”

Assorted band aids

1 irrigation syringe (12 cc preferred)

1 package of wound closure strips

2 antibiotic ointment packets

6 antiseptic wipes

**Fractures/Sprains**

2 triangular bandages

2 elastic wraps (ACE bandages)

1 splint (SAM splint)

**Blister Care**

2 sheets moleskin

1 sheet mole foam

2 packages 2nd skin

**CPR**

1 CPR face shield or pocket mask

**Supplies**

1 4” sheers (scissors)

1 emergency blanket

1 tweezers

2 safety pins

1 H2O disinfectant (iodine)

1 small roll duct tape

1 pencil

2 copies SOAP note

1 roll adhesive (medical) tape

2 pairs gloves

PCTA utilizes Adventure Medical Kit’s (<http://www.adventuremedicalkits.com/>) Fundamentals Kit and Professional Ultralight/Watertight Pro Kit with additional items added to make OSHA compliant. See the following pages for AMK kit base contents and items to add.

**Pacific Crest Trail Association**

**AMK’s Professional Ultralight/Watertight Pro Kit**

***Plus Supplemented Items***

**Bandage Materials**

5 Bandage, adhesive, fabric, 1" x 3"

2 Bandage, conforming gauze, 3"

1 Bandage, elastic, velcro closure, 3"

2 Dressing, gauze, sterile, 2" x 2", pkg/2

4 Dressing, gauze, sterile, 3" x 3", pkg/2

2 Dressing, non adherent, sterile, 3" x 4"

**Bleeding**

2 Pair of gloves, Nitrile, hand wipe

2 Trauma pad, 5" x 9"

**Blister / Burn**

2 Moleskin (14 pieces)

**CPR**

1 CPR face shield

1 CPR pocket mask

**Fracture / Sprain**

1 Bandage, triangular

1 C Splint™, 4" x 36"

**Instrument**

1 EMT shears, 4"

1 Pencil

2 Safety pins

1 Splinter picker/tick remover forceps

**Medical Information**

1 Guide to wilderness & travel medicine

1 Patient assessment form

**Medication**

4 Antihistamine (Diphenhydramine 25 mg)

2 Aspirin (325 mg), pkg/2

4 Diamode (Loperamide HCI 2 mg), pkg/1

2 Ibuprofen (200 mg), pkg/2

**Other**

3 DRYFlex™ waterproof bag, 6" x 9"

**Survival Tools**

1 Emergency reflective blanket, 56" x 84"

**Wound Care**

6 Antiseptic wipe

1 Syringe, irrigation, 10 cc, 18 gauge tip

1 Tape, 1" x 10 yards

1 Skin Tac™ topical adhesive wipe

4 Triple antibiotic ointment

1 Wound closure strips, 1/4" x 4", pkg/10

**Items added to meet OSHA saw crew requirements:**

2 4” x 4” gauze/trauma pads

2 8” x 10” gauze/trauma pads

1 triangular bandage

1 elastic wraps (ACE bandages)

**Items added to meet PCTA recommended kit:**

H2O disinfectant (iodine)

Duct tape

Mole foam

2nd skin

**Pacific Crest Trail Association**

**AMK’s Fundamentals Kit**

***Plus Supplemented Items***

**Bandage Materials**

8 Bandage, adhesive, fabric, 1" x 3"

5 Bandage, adhesive, fabric, knuckle

2 Bandage, conforming gauze, 3"

1 Bandage, stockinette tubular, 1" x 4"

2 Dressing, gauze, sterile, 2" x 2", pkg/2

3 Dressing, gauze, sterile, 4" x 4", pkg/2

3 Dressing, non adherent, sterile, 3" x 4"

**Bleeding**

2 Pair gloves, Nitrile, hand wipe

1 Instructions, easy care bleeding

1 Trauma pad, 5" x 9"

1 Trauma pad, 8" x 10"

**Blister/Burn**

1 Aloe Vera gel with Lidocaine, 1 oz

2 GlacierGel

1 Moleskin (14 pieces)

**CPR**

1 CPR face shield

**Duct Tape**

1 Duct Tape, 2" x 5 yards

**Fracture / Sprain**

1 Bandage, elastic with velcro, 3"

1 Bandage, triangular

1 Instructions, easy care fracture & sprain

1 C Splint™, 4" x 36"

**Instrument**

1 EMT shears, 4"

1 Pencil

3 Safety pins

1 Splinter picker/tick remover forceps

1 Thermometer

**Medical Information**

1 Guide to wilderness & travel medicine

1 Patient assessment form

**Medication**

4 Acetaminophen (500 mg), pkg/2

4 Antihistamine (Diphenhydramine 25 mg)

1 Aspirin (325 mg), pkg/2

4 Ibuprofen (200 mg), pkg/2

1 Instructions, easy care medications

**Other**

2 Plastic vial, flip top, large

**Wound Care**

6 Antiseptic wipe

2 Cotton tip applicator, pkg/2

1 Instructions, easy care wound

1 Povidone Iodine, 3/4 oz

1 Syringe, irrigation, 20 cc, 18 gauge tip

1 Tape, 1" x 10 yards

2 Skin Tac adhesive, wipes

3 Triple antibiotic ointment, single use

1 Wound closure strips, 1/4" x 4", pkg/10

**Items missing to meet OHSA saw crew requirements:**

1 8” x 10” gauze/trauma pad

1 emergency blanket

1 triangular bandage

1 elastic wrap (ACE bandage)

**Items missing to meet PCTA recommended kit:**

H2O disinfectant (iodine)

Molefoam

2nd skin