Pacific Crest Trail Association
Recommended First Aid Kit Contents
Meets OHSA requirements for saw crew first aid kits

<table>
<thead>
<tr>
<th>Wound Care &amp; Bleeding</th>
<th>Blister Care</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 Gauze pads (at least 4” x 4”)</td>
<td>2 sheets moleskin</td>
</tr>
<tr>
<td>2 Guaze/trauma pads (at least 8” x 10”)</td>
<td>1 sheet mole foam</td>
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<tr>
<td>2 rolls of gauze (at least 2” wide)</td>
<td>2 packages 2&quot;nd skin</td>
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<tr>
<td>Bandages:</td>
<td></td>
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<tr>
<td>5 fabric 1” x 3”</td>
<td></td>
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<tr>
<td>2 dressing gauze 2” x 2”</td>
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<tr>
<td>4 dressing gauze 3” x 3”</td>
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<tr>
<td>Assorted band aids</td>
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<tr>
<td>1 irrigation syringe (12 cc preferred)</td>
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<tr>
<td>1 package of wound closure strips</td>
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<tr>
<td>2 antibiotic ointment packets</td>
<td></td>
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<tr>
<td>6 antiseptic wipes</td>
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</tbody>
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<table>
<thead>
<tr>
<th>Fractures/Sprains</th>
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<tbody>
<tr>
<td>2 triangular bandages</td>
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<tr>
<td>2 elastic wraps (ACE bandages)</td>
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<tr>
<td>1 splint (SAM splint)</td>
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<table>
<thead>
<tr>
<th>CPR</th>
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<tbody>
<tr>
<td>1 CPR face shield or pocket mask</td>
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<table>
<thead>
<tr>
<th>Supplies</th>
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</thead>
<tbody>
<tr>
<td>1 4” sheers (scissors)</td>
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<tr>
<td>1 emergency blanket</td>
</tr>
<tr>
<td>1 tweezers</td>
</tr>
<tr>
<td>2 safety pins</td>
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<tr>
<td>1 H2O disinfectant (iodine)</td>
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<tr>
<td>1 small roll duct tape</td>
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<tr>
<td>1 pencil</td>
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<tr>
<td>2 copies SOAP note</td>
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<tr>
<td>1 roll adhesive (medical) tape</td>
</tr>
<tr>
<td>2 pairs gloves</td>
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</tbody>
</table>

PCTA utilizes Adventure Medical Kit’s ([http://www.adventuremedicalkits.com/](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 HCl 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
2”nd 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

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*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

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v. March 6, 2015