

# Pacific Crest Trail Association Recommended First Aid Kit Contents

Meets OSHA requirements for saw crew first aid kits

## **Wound Care & Bleeding**

- 4 Gauze pads (at least 4" x 4")
- 2 Gauze/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 2<sup>nd</sup> 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 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<sup>nd</sup> 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"

## 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
- 2<sup>nd</sup> skin

## 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