**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

1 signal mirror

PCTA utilizes Adventure Medical Kit’s (<http://www.adventuremedicalkits.com/>) Mountain Series: Guide Kit and Ultralight/Watertight Pro Medical 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 Ultralight/Watertight Pro Medical 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
1 signal mirror

**Pacific Crest Trail Association**

**AMK’s Mountain Series: Guide Kit**

***Plus Supplemented Items***

 **Cuts & Scrapes**

10 Easy Access Bandages, 1" x 3" Fabric

5 Easy Access Bandages, Knuckle Fabric

10 Antiseptic Wipe

3 Triple Antibiotic Ointment

4 Alcohol Swab

2 Tincture of Benzoin

**Stop Bleeding Fast**

1 QuikClot Gauze, 3” x 24”

1 Trauma Pad, 8" x 10"

1 Trauma Pad, 5” x 9”

4 Nitrile Glove

**Wound Care/Blister/Burn**

1 Wound Irrigation Tool, 20cc with 18
 Gauge Tip

10 Wound Closure Strip, 1/4" x 4"

6 Sterile Gauze Dressing, 4" x 4"

6 Sterile Gauze Dressing, 2" x 2"

3 Sterile Non-Adherent Dressing, 3" x 4"

2 Conforming Gauze Bandage, 3"

1 Tape, 1" x 10 yd.

2 GlacierGel™ Blister & Burn Dressing,
 (Small Rectangular)

28 Moleskin, Pre-Cut & Shaped Pieces
4 Cotton Tip Applicator

 **Fracture / Sprain**

1 C-Splint, Alum. & Foam Padded, 4" x 36"

1 Triangular Bandage

1 Elastic Bandage with Hook & Loop
 Closure, 3"

**Instrument**

1 Digital Thermometer, 90°F – 105°F

1 CPR Face Shield

1 EMT Shears, 4"

1 Duct Tape, 2" x 2.5 yd.

1 Splinter Picker/Tick Remover Forceps

3 Safety Pin

2 Plastic Vial (Large Flip-top)

1 Pencil

**Medical Information**

1 Guide to wilderness & travel medicine

1 Patient assessment form

1 Register Your Kit Card

**Medication**

3 After Bite Sting & Bite Relief Wipe

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

8 Aspirin (325 mg), 4 Pkg/2

4 Antihistamine (Diphenhydramine 25 mg),
 4 Pkg/1

16 Ibuprofen (200 mg), 8 Pkg/2

8 Acetaminophen (500 mg), 4 Pkg/2

**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
1 signal mirror