

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 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 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
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

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

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 HCl 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