



Commercially available first aid kits, are made to treat injuries around the house or business setting where emergency medical services or hospitals are nearby. There are companies that specialize in outdoor and travel first aid kits and emergency medicine training, but for outdoor activities or traveling to remote locations a Wilderness and Remote first aid kit is needed. I have learned that custom-built first aid kits with specialized equipment for planned activities are more effective.

There are items that are generic for both home/business first aid kits and wilderness first aid kits, such as bandages, splints, ice packs, aspirin and tweezers. Items recommended for a wilderness first aid kit are listed below. Keep in mind that I'm referring to "wilderness" as any destination where emergency medical services is at least 30 minutes away. Although the list seems long, all the items fit into a back pack or Pelican case.

GROUP FIRST AID KIT:

- Gauze bandage, 3-inch rolls (2)
- Self-adhesive bandage, 2-inch roll (1)
- Adhesive tape, 1-inch rolls (2)
- Alcohol pads (12)
- Povidone-iodine pads (12)
- Assorted adhesive bandages (1 box)
- Elastic bandages, 3-inch-wide (2)
- Sterile gauze pads, 4-x-4-inch (12)
- Moleskin, 3-x-6-inch (4)
- Gel pads for blisters and burns (2 packets)
- Antibiotic ointment (1 tube)
- Hydrocortisone cream 1 percent (1 tube)
- Triangular bandages (4)
- Soap (1 small bar) or alcohol-based hand sanitizing gel (1 travel-sized bottle)
- Scissors (1 pair)
- Tweezers (1 pair)
- Safety pins (12)
- Non-latex disposable gloves (6 pairs)
- Protective goggles/safety glasses (1 pair)
- CPR breathing barrier (1)
- Wilderness and Remote First Aid Report Form/Rescue Request and pencil

OPTIONAL ITEMS:

- Instant cold compress
- Space blanket
- Original size SAM Splint
- Cold compress

The examples following are three different types and sizes of first aid kits.