

## First Aid Kits

Know what's in your kit • Customize for your location, tasks, and group size • Replenish expired supplies • Pack extra disposable gloves



All field activities should include first aid supplies. Packing - and being familiar with - your first aid kit is critical for field work. The recommended size and contents of your first aid kit depend on your destination (e.g. desert, tropics, high altitude, proximity to advanced medical care), specific hazards inherent to your activities, number of individuals in your group, and your level of first aid training. At a minimum, first aid kits should include supplies to respond to **wound care/burns/blisters, bleeding/CPR, and fractures/sprains.**

Follow **Universal Precautions** at all times when administering first aid – **wear gloves!** If your field work involves clinical work or potential bloodborne pathogen exposure, consult with your Biosafety Officer or Occupational Health Clinic. Post exposure prophylaxis (PEP) is an emergency medical kit used to protect a person exposed to HIV. While not 100% effective in stopping transmission, it does lower the chances if initiated quickly after exposure (2-24 hours and no later than 48-72 hours).

The lightweight [NOLS 4.0 kit](#) is an example of a kit designed for a **few days outdoors for 2-4 people:**

### **Wound Care/Burn/Blister**

- 3 Dressing, Gauze, Sterile, 4" X 4", Pkg./2
- 3 Dressing, Gauze, Sterile, 2" X 2", Pkg./2
- 2 Dressing, Non-Adherent, Sterile, 3" X 4"
- 2 Bandage, Conforming Gauze, Non-Sterile, 3"
- 6 Bandage, Adhesive, Fabric, 1" X 3"
- 4 Bandage, Adhesive, Fabric, Knuckle
- 1 Tape, 1" X 10 Yards
- 2 Cotton Tip Applicator, Pkg./2
- 1 Syringe, Irrigation, 10 cc with 18 Gauge Removable Tip
- 1 Wound Closure Strips, 1" X 4, Pkg./10
- 1 Povidone Iodine, 1oz.

- 2 Moleskin, Pre-cut and Shaped, 14 pcs.

- 6 Antiseptic Towelette
- 4 Triple Antibiotic Ointment, 1/32 oz
- 2 Skin-Tac Tropical Adhesive

### **Bleeding/CPR**

- 1 Gloves, Nitrile (Pair), One Hand Wipe
- 1 Trauma Pad, 5" X 9"
- 1 CPR Breathing Barrier

### **Fracture/Sprain**

- 1 Bandage, Elastic with Velcro Closure, 3"
- 1 Bandage, Triangular
- 3 Safety Pins

# DRAFT: University of California Field Operations Manual

---

## Medications

4 Ibuprofen (200 mg), Pkg./2  
3 Acetaminophen (500mg), Pkg./2  
4 Antihistamine (Diphenhydramine 25 mg)  
4 Diamode (Loperamide HCL 2mg), Pkg./1  
1 Aspirin (325 mg), Pkg./2  
2 After Bite Sting and Itch Relief Wipe

## Instruments

1 EMT Shears, 4"  
1 Splinter Picker/Tick Remover Forceps  
1 Duct Tape, 2" X 5 Yards  
1 Pencil  
1 Patient Assessment Form  
3 Thermometer, Disposable

## Other items suggested by various UC field researchers and staff:

First Aid Reference/Instructions (e.g. Living Ready Pocket Manual - First Aid: Fundamentals for Survival; SAS Survival Guide: for any climate, for any situation; Wilderness Medicine Field Guide or Pocket Guide)

Extra disposable gloves

Superglue

Glowstick, headlamp with batteries

Earplugs

Epinephrine auto-injector (prescription required, e.g. EpiPen)

Tick Remover (pointed tweezers are included in the NOLS 4.0 kit, or the Pro-Tick Remedy)

Field eyewash for dust, irritants (e.g. Ocufresh)

Technu outdoor skin cleanser (for poison oak)

Sunscreen

Oral rehydration salts

Honey or syrup packet

Lightweight Sam splint (also available via the NOLS store\*)

Insect repellent containing DEET or picaridin

Lightweight emergency blanket (e.g. SOL from Adventure Medical Kits)

Extra moleskin for blisters and hot spots

Extra Povidone iodine or Benzoin tinctures for wounds

Quickclot (available via Adventure Medical Kits: <http://www.adventuremedicalkits.com/quikclot.html>)

High altitude preventive medication

Disposable, instant-activating cold packs for injuries and burns

Leave an empty plastic bag in your kit for trash; be strict that all users of the kit use the trash bag

# DRAFT: University of California Field Operations Manual

---

**Other travel-related suggestions (access location-specific health guidance via the [Worldcue Trip Planner](#) using the location intel tab):**

Antimalarial medications, if applicable  
Pepto-Bismol and Imodium for upset stomach and diarrhea  
Antacids to reduce indigestion and stomach acidity  
Cough and cold medicines  
Anti-motion sickness medication (Dramamine)  
Lubricating eye drops  
Antifungal Cream or Powder in humid countries (Desinex, Cruex Aftate)  
Calamine and 1% Hydrocortisone cream for itchy rashes  
Iodine tablets, drops, or a water purifier if you cannot easily boil water  
Aloe gel for sunburns  
Digital thermometer  
Condoms  
Mosquito bed nets, permethrin spray for clothing and gear

## **Considerations for pre-existing medical conditions:**

Travelers with chronic medical conditions such as high blood pressure, diabetes, thyroid, or [other](#) disorders, or those who have a history of allergic reactions should carry their regular medication with them on their trip along with a copy of the doctor's prescription.

**For assistance away from campus, call the UC Travel Insurance Emergency Number at (800) 527-0218 or (410) 453-6330, outside of the U.S.A. Report injuries to your supervisor/home department. Serious injuries and hospitalizations must be reported to your campus EH&S office within 24 hours.**

## **Further Guidance and Vendors:**

Build Your Own Kit (Wilderness Medicine Associates): <https://www.wildmed.com/blog/building-a-wilderness-first-aid-kit/>

REI Backpacker Multiday First-Aid Kit: <https://www.rei.com/>

NOLS Med Kit 4.0: <https://store.nols.edu/>; \*20% educational discount available, provide your .edu email

WEST MARINE 2.0 Medical Kit: <http://www.westmarine.com/>