**OOPS First Aid Kit with Explanation**

**Latex Free Gloves** (4pr) – Use for any wound cleaning, dressing or anytime bodily fluids put first aider at risk

**CPR Shield –** First aider protection when providing CPR

**Paramedic Shears** – blunt tip to protect patient while cutting through clothes, bandages, gloves. Cuts Moleskin

**Forceps** – Not only for splinters and ticks, but for removing debris in an abrasion or wound

**Small flashlight** – **Not included but should be part of your 10 essentials while kayaking**, helpful for improved visualization of wounds when needed.

**Chemical Handwarmer** (2) - for hypothermia use

**Space Blanket** – useful layer in hypothermia

**Write in Rain Index cards and Pen** - For writing record of vital signs, accident & radio report

**Bandages 1”x 3”**- (8)

**Large Bandages** 2”x4” (4)

**Steri strips** (8) - Topical sutures used to close small lacerations

**Knuckle Bandage** (4)

**2x2 Pads** (4)

**4x4 Pads** (2)

**Non-Adherent Dressing** - small

**Non-Adherent Dressing** - large

**Surgipad/Abdominal Pad** - trauma pad for heavy bleeding. Packed on top of first aid kit for easy access

**Kling** (self-adherent wrap) - Non-Sterile is an **absorbent gauze roll**, which stretches and conforms to the body shape and clings to itself as it is wrapped. This bandage conforms to the wound area and offers flexibility to allow for body movement

**Coban** - (self-adherent wrap) – use as a pressure bandage for bleeding wound on a limb. Also used for securing dressings

**Medical Tape** –use to secure dressings

**Benzoin or dressing adherent pads** (2) Used to prep skin for adhesive tapes. Essential in a wet environment to make things stick. Consider purchasing a vial/bottle of benzoin if on remote multiday trip.

**Tegaderm** (3) - Waterproof, breathable dressing. Choice method for protecting wounds in wet environments. Allows visualization of wound.

**Moleskin** - apply to “hot spots” (irritated sensitive skin) before a blister develops

**Irrigation Syringe** - use for irrigating wounds with clean water or diluted betadine solution

**Alcohol swabs** (4) - Use to sterilize forceps prior to use

**Hand washing pads** (4) - for gritty dirty hands before using Hand Sanitizer

**Hand Sanitizer** **small bottle**– for quick cleansing of hands prior to administering first aid and especially wound care.

**Betadine/Povidone (10%) Iodine swabs** (1) - Swab can be used to make a diluted solution to clean wounds with irrigation syringe

**Antibiotic Ointment** (6) - to prevent infection in cuts, scrapes, burns

**Cotton tip applicators (1 package)** – May be used to remove insects and other foreign material from eye.

**Instant Cold Pack** - apply to affected area immediately to reduce swelling and pain

**Triangle Bandage with Safety pins** – multiple uses for restraining joint injuries

**Sam Splint** - a versatile lightweight foam-padded aluminum splint for fractures, immobilize joint above and below

**3” Ace wrap** - for sprains as well also good for compression and holding a pressure bandage

**Chewable Baby Aspirin** (8) – For suspected heart attack, provide 2-4 tablets, call 911

**Ibuprofen** (8) - 400 mg every 4-6 hours, **maximum** dosage 3200mg/24 hours to relieve headaches, pain, fever, and simple sprains or strains. Avoid if kidney disease.

**Benadryl** (8) - 25-50 mg for allergic rection. May take 50 mg every 4-6 hours. May cause drowsiness

**Acetaminophen** (8) - 500-1000 mg. Maximum dosage of 3000mg/24 hours to relieve headaches, pain, fever, and simple sprains or strains. Avoid if liver disease.

**Glucose Paste** - for treating low blood sugar and insulin reaction in diabetics, and can be used for hypothermia

**Hydration tablets** - Take 2 with water for heat cramps, prevention of heat exhaustion.

**Face Mask** - To protect first aider for suspected Covid/Flu/RSV exposure

**Head Lamp (waterproof preferred)** – **Not provided**. Please carry one on every trip