



San Juan School of Wilderness EMS
SOLO Wilderness Medical School Affiliated
www.sanjuanems.org

Remember that your personal first aid kit should reflect you and your individual situation. Think about likely scenarios and plan from that end in mind. Here are some suggestions to get you started:

PERSONAL FIRST AID KIT

- 1 Medium size wastcan plastic bag
- 4 Large gallon size Zip-loc type baggies
- 6 Small sandwich plastic bags for gloves
- 2 Simple sugar sources (Jello or cake icing tube)
- 2 Large cravats (can make from 3x3 bed sheet cut corner to corner)
- 2 Surgipads or female hygiene napkins
- 4 4"x4" gauze pads
- 10 Various sized Band-Aid bandages
- 1 Roll of duct tape
- 6 Safety pins
- 2 Rolls of 4" rolled bandage (Kling)
- 1 6" ACE bandage
- 6 Alcohol wipes or Betadine wipes
- 1 tube of providone-iodine
- 1 Moleskin or Spenco Second Skin
- 1 Knife or scissors
- 1 Paper & pencil (marine waterproof if possible)
- 1 SAM splint (optional)
- 1 Pointy metal tweezers
- 1 Bottle of drinkable water to flush wounds and moisten gauze for small burns

PERSONAL DENTAL FIRST AID KIT

- 1 Topical anesthetic: Oil of Clove (Eugenol) or Ambesol
- 1 Temporary filling material: Cavit, Zinc Oxide
- 1 Analgesics: Ibuprofen, Tylenol, Aspirin
- 1 Rx Antibiotics: Penicillin, Keflex, Erythromycin (for penicillin-allergic patients)
- 1 Mouth mirror
- 1 Cotton balls
- 1 Gauze
- 1 Toothbrush
- 1 Dental Floss

All of this can be placed into a waterproof bag which fits in a stuff sack.

PERSONAL BIVY KIT

- 2 large garbage bags (shelter or emergency rain gear) or a 10'x10' sheet of plastic
- 1 100' of parachute cord
- 1 Emergency space blanket (tin foil blanket)
- 1 Metal cup
- 1 Jell-O with sugar (NOT Nutrasweet)
- 1 Lighter or waterproof matches
- 2 Plumber's candles
- 1 Knife
- 1 Whistle (plastic in winter)
- 1 Compass
- 1 Visual signaling device like a pocket mirror
- 1 Flashlight (small enough to carry in your mouth) or a headlamp
- 1 Stocking cap
- 1 Spare pair of non-cotton socks (can double as mittens)

ALWAYS CARRY RAIN GEAR, both tops & bottoms, even on short day hikes.