

The following includes excerpts from the New York – New Jersey Trail Conference Trail Outdoor Activity Safety Guidelines (02/06/2017).

Suggested Personal First Aid Kit Inventory

Wound Prep

- BZK Wipes (4)
- Alcohol Prep Pads (4)

Gauze & Bandage

- Triangular Bandage (1)
- 4x4" Gauze Pad (2)
- 3x3" Gauze Pad (2)
- Telfa no stick gauze 3x6"(2)
- Bandage Roll 3.3" x 3.6 Yards (1)

Adhesive

- Moleskin (1)
- Knuckle Bandage (2)
- Fingertip Bandage (2)
- Large Bandage (2)
- Bandage (Band-Aid) (10)
- Adhesive Strips or Steri Strips (4)
- Athletic Tape or Vet wrap (1)
- Cloth or Waterproof Adhesive Medical Tape (1)

Loose Items

- Scissors (1)
- Tweezers (1)
- Exam Gloves (1 pair)
- Thermal Blanket (1)
- Eye Wash or 1/2 liter saline (1)
- Elastic (Ace) Bandage (1)
- Cold Compress (1) [Optional]

OTC Meds & Ointments

- Aspirin (4 tabs)
- Diphenhydramine (Benadryl®) (4 tabs)
- Antibiotic Ointment (2 packets)
- Acetaminophen (4 tabs)
- Pink-Bismuth (4 tabs)
- Powdered energy drink (1 packet)

Flora/Fauna

- Insect Repellent (1)

This is the standard kit to start. Most items from this list are in the kit below for about \$20.

<http://www.rescue-essentials.com/rescue-essentials-wfa-kit/>

