

## Pack Hike Personal 1<sup>st</sup> Aid Kit

### 1. Introduction

- a. Scouts are *always* taught to approach 1<sup>st</sup> Aid in three (3) steps:
  - i. **Prevention** - referred to as the “1<sup>st</sup> rule of 1<sup>st</sup> Aid”, this encourages a Scout to anticipate what types of injuries are most likely to occur on different activities so that he can learn what steps to take, and what to be watchful for, to prevent such injuries from occurring to himself and his fellow Scouts;
  - ii. **Knowledge** - what skills does the Scout need to know to treat 1<sup>st</sup> Aid issues and what judgement needs to be exercised to prevent placing others in jeopardy;
  - iii. **Supplies** - what needs to be in the Scout’s 1<sup>st</sup> Aid Kit or what can be improvised to treat the most likely injuries encountered.

### 2. Size & Container (Event Specific)

- a. Determined by the Prevention & Supply issues for any given type of event
  - i. **Tackle Box** - great for fixed camp or event, quite impractical for pack hike;
  - ii. **Tupperware** - or other water proof container - great for water related events (remember to have a way to secure if capsized!) but too rigid & bulky for pack hike;
  - iii. **Nylon Pouch** - pricey and often more weight & bulk than necessary, but good choice for the hiker who must have it all and may even permit being organized like a surgical tray;
  - iv. **Mini-Containers** - most popular is the “everything that you need in a plastic 35mm film can” ... better than nothing but not big enough for the most relevant supplies in a hiker’s 1<sup>st</sup> Aid Kit (Ace Bandage & Mole Skin/Compeed Pad);
  - v. **Ziploc Bag** - 1 qt. size is my personal favorite for hiking ... make sure it is the freezer style (holds up better) with zipper & write your name and # on outside. It is just big enough, cheap, easy to squish into a crowded pack, see through allows contents to be easily found, and it can be turned inside out and used as a sterile hand cover if necessary.

### 3. Supplies (Also Event Specific)

- a. Determined by the Prevention & Supply issues for any given type of event - Hike used for example
- b. **Pack Hike** (most likely injuries: blister, ankle sprain, minor cut/abrasion, sun burn, muscle aches)
  - i. Mole skin and/or compeed pads (sub-organize w/ sterile pads or band aides into snack bags)
  - ii. Ace Bandage - w/ threaded needle (blister popper, splinter, equipment sew repair or stitches) & a few small safety pins - stuck in it as pin cushion;
  - iii. Assorted Band-Aids sizes & shapes (2~3 of each) sub-packaged/organized in snack bag;
  - iv. Soap (slice of *Ivory unscented* to fit in a film can, or smallest container (nalgene or rinsed out hotel shampoo bottle) of biodegradable liquid soap (*Campsuds* or *Dr. Bronners*) in snack bag so leaks don’t make a mess in whole kit, or individually wrapped antiseptic wipes;
  - v. Small Antiseptic Ointment (avoid foil/metal tubes as these tend to leak at folds/creases)
  - vi. Small pair of Scissors (tiny key chain Swiss Army knife w/ scissors, tweezers & knife is best ... if not, add a small pair of tweezers);
  - vii. 1-2 pair of sterile gloves sub-organized into snack bag to keep sterile;
  - viii. Gauze - as with band aides, a variety: one 2" gauze roll and a few each 2" & 4" gauze pads;
  - ix. 1<sup>st</sup> Aid tape - small roll (or wrap about 3 ft around fire starter film can if your kit - can also wrap around a cut part of an old plastic credit card)
  - x. Leukotape P better than 1<sup>st</sup> aid tape & can be used to cover hot spots & prevent blisters too
  - xi. Other Options to Consider Customizing Your Kit:
    - (1) Sun Block, Caladryl, Calamine or Ivaress (small sample sizes available), Chap Stick, Vicks (great for stuffy nose or coping with smelly hikers) and/or Bacitracin (great for ‘monkey butt’) in cut/separated contact lense case(s);
    - (2) Small Pill Plastic Baggies with a few each of most likely needed: Tylenol, Sudafed, Motrin, Benydryl, Imodium & any Rx) ... write dose/max dose & restrictions on baggy!
    - (3) Survival Kit Items: small lighter, matches in waterproof container, Chlorine Dioxide water purifying tablets, fire starter (cotton balls impregnated with Vaseline in film can), 3~4 spring style wooden clothes pins (to hang up wet clothes and keep in kit as dry fire wood to start a fire) & small loud emergency whistle.