



CANUCK SURVIVAL

Wilderness First Aid Kit Checklist

Personal Protection:

- Nitrile Gloves
- CPR Mask or Shield

Wound Care:

- 3"-4" Stretchy Roller Gauze (1-2 pp)
- Dressings (2-4 pp)
- Non-Stick Gauze Pads (2-4 pp)
- Gen. Purpose Gauze Pads (4-6 pp).
- Combine/Trauma Dressing (1-2 pp)
- Occlusive Dressings (1-2 per person)
- Bandage Strips/Band-Aids (6-8 pp)
- 1" Cloth Tape (1 roll)
- Duct Tape (20-30')
- Tincture of Benzoin

Wound Cleaning:

- Povidine Iodine
- Irrigation Syringe, 12cc to 60cc

Splinting:

- 36" Sam Splint
- ACE Wrap

Blisters:

- Moleskin
- Molefoam

Tools:

- Tweezers
- Safety Pins
- Blanket Pins

Tools Continued:

- Plastic Bags
- Thermometer
- Trauma Shears
- Reflective Survival Blanket

Medication:

- Antibiotic Cream (Neosporin)
- Tylenol and/or Aspirin
- Antihistamine (Benadryl)
- Antacid (Pepto)
- Antidiarrheal (Immodium)
- Anticonstipation (Metamucil)
- Antifungal/yeast (Tinactin)
- Dental pain (Clove Oil)
- Temp. Dental Filling (Cavit)
- Electrolyte Replacement

Extras:

- Sun Block
- Aloe Vera
- Poison Ivy and Oak Lotion
- Technu Oak or Ivy Cleanser
- Lipbalm
- Insect Repellent

*(pp = per person)