

# WRFA First Aid Kit List

January 15 - 16, 2011

## Backpacking

- scalpel
- gloves (BSI)
- band aids
- cravats/bandages/safety pins
- dressings/gauze (sterile)
- moleskin
- emergency blanket
- CPR mask/shield
- Tylenol/Advil/aspirin (non-coated)
- anti-diarrhea tabs
- alcohol wipes
- snakebite kit
- SAM splint
- scissors
- pencil paper
- tweezers
- eye flush
- Benadryl
- Tinactin (athlete's foot)
- sugared Jello
- whistle
- hand sanitizer
- hand warmer
- burn cream
- sun screen
- sunburn cream/aloe
- analog watch with second hand
- WRFA evaluation/rescue forms
- crew medical forms
- pen/pencil/paper

## Canoeing/Kayaking (additional)

- Dramamine
- Ziploc bags/containers
- thermometer
- hard candy
- rope
- AED