Outing Club First Aid Kit Inventory

( ) Mountaineering Medicine (or other first aid text)

( ) 1 box sterile gauze pads (at least 10)

( ) 3 rolls cling sterile gauze, 2” wide (5 yards)

( ) 10 Telfa Pads 2”x3” (non-stick gauze pads for burns, skinned areas)

( ) 2 triangular bandages (40”)

( ) 1 container of 2” adhesive tape

( ) 1 box band aids

( ) 1 box of moleskin (for blisters)

( ) 2 2.5” Ace bandages

( ) safety pins

( ) 1 container Chlor Trimeton tablets (antihistamine for bites and allergies)

( ) 1 tube Bacitracin antibiotic ointment

( ) 1 bottle of Bactine green soap tincture (2 oz.)

( ) 1 bottle of aspirin

( ) 1 bottle of ibuprofen

( ) Chloroseptic lozenges

( ) 1 pair tweezers

( ) 1 pair scissors (surgical if desired)

( ) disposable thermometers

( ) cotton swabs or Q-tips

( ) matches in water proof container

( ) candy (Lifesavers, for sugar content)

Note: Most of these items can be obtained from the Health Center