

### 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 if 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