

# Appendix D

## First Aid and Survival Kits

### First Aid Kit: Comprehensive

#### Medical Information

- 1 Each Book: *A Comprehensive Guide to Wilderness & Travel Medicine*
- 1 Each Book: *Illustrated Guide to Life-Threatening Emergencies*

#### Essential Equipment

- 1 Each SAM splint
- 1 Each CPR Barrier Microshield
- 1 Each EMT shears
- 1 Each Thermometer (96°F - 107°F)
- 1 Each Thermometer (86°F - 100°F)
- 1 Each Duct tape
- 1 Each Splinter Picker forceps
- 1 Each Scalpel #11 blade, sterile
- 1 Each Sawyer® Extractor
- 1 Each Dental Filling Kit

#### Wound Management Items

- 4 Each Double Antibiotic ointment
- 6 Each Antiseptic towelettes
- 3 Each Tincture of Benzoin
- 1 Each 20cc Irrigation syringe
- 2 Pair Latex surgical gloves
- 2 Bottle Povidone iodine solution (1 oz.)
- 10 Each Wound closure strips
- 1 Each Surgical scrub brush

### **Blister Items**

- 2 Each Moleskin
- 2 Each Spenco 2nd Skin®
- 1 Each Non-woven adhesive knit
- 1 Each Molefoam

### **Infectious Control Items**

- 6 Pair Nitrile examination gloves
- 3 Each Antimicrobial hand wipes
- 1 Each Infectious control bag

### **Bandage Materials**

- 16 Each 4x4 or 3x3 or 2x2 sterile dressing
- 4 Each Non-adherent sterile dressing
- 1 Each Adhesive tape, 10 yards (1/2" or 1")
- 20 Each Strip & knuckle bandages
- 2 Each Trauma pads, 8x10 and/or 5x9
- 2 Each Conforming gauze bandage (2" or 3")
- 4 Each Cotton tipped applicators
- 1 Each Elastic bandage with Velcro® (2" or 3")
- 2 Each Triangular bandage
- 2 Each Stockinette bandage
- 2 Each Eye pad

### **Medications**

- 10 Each Extra Strength Tylenol®
- 6 Each Antihistamine
- 10 Each Motrin®
- 3 Each Sting relief pads
- 1 Each Aloe Vera gel, 100%
- 2 Each Oral rehydration salts
- 6 Each Diamode (Immodium®)
- 1 Each Glutose paste
- 10 Each Dristan® Cold & Flu formula
- 8 Each Mylanta®
- 3 Each Cortisone cream, 1%
- 3 Each Tinactin® antifungal cream

### **Other Items**

- 3 Each Safety pins
- 3 Each Accident report & pencil
- 4 Each Pill vials
- 1 Pack Waterproof matches

## **First Aid Kit: Personal**

### **Medical Information**

- 1 Each Book: *A Comprehensive Guide to Wilderness & Travel Medicine*
- 1 Each Book: *Illustrated Guide to Life-Threatening Emergencies*

### **Essential Equipment**

- 1 Each EMT shears
- 1 Each CPR Barrier Lifemask®
- 1 Each Splinter Picker forceps

### **Wound Management Items**

- 2 Each Double Antibiotic ointment
- 3 Each Antiseptic towelettes
- 1 Each Tincture of Benzoin
- 2 Each Butterfly closure strips

### **Blister Items**

- 1 Each Moleskin (7x4)

### **Infectious Control Items**

- 2 Pair Nitrile examination gloves
- 1 Each Antimicrobial hand wipes
- 1 Each Infectious control bag

### **Bandage Materials**

- 6 Each 4x4 or 3x3 or 2x2 sterile dressing
- 2 Each Non-adherent sterile dressing (3x4)
- 1 Each Adhesive tape, 10 yards (1/2" or 1")
- 7 Each Strip & knuckle bandages
- 2 Each Cotton tipped applicators

### **Medications**

- 4 Each Extra Strength Tylenol®
- 2 Each Antihistamine
- 4 Each Motrin®

### **Other Items**

- 3 Each Safety pins

## **One Person Survival Bag: Local**

**(Supports 1 person for 3 days)**

- 1 Each Down sleeping bag
- 1 Each Bivy bag
- 1 Each Ensolite Pad, 24'x48"
- 1 Each Mountain tent w/instructions & repair kit  
Tent stake bag contains:
  - 10 Each Tent stakes
  - 6 Each Ice screws
  - 2 Each Snow flukes
  - 1 Each Rock hammer
- 1 Each Collapsible snow shovel
- 1 Each First aid kit
- 1 Each Bottle of white gas (650/975 ml)
- 1 Each MSR stove w/repair kit & matches
- 1 Each Cookset w/2 pots and 2 lids
- 1 Each Plastic mug
- 1 Each Spoon
- 1 Each Pocket knife
- 1 Each Signal mirror
- 1 Each Survival manual
- 1 Each Novelty item, book, or game
- 1 Each Toilet paper roll

- 1 Each Parachute cord (50')
- 1 Pair Wool socks
- 1 Pair Wool mits/gloves
- 1 Each Balaclava

Food

- 3 Each Dehyd. Meals
- 1 Each Big chocolate bar
- 6 Each Tea bags
- 6 Each Hot Chocolate
- 1 Pack Mainstay food bars (9)

## **One Person Survival Bag: Deep Field**

This survival bag is intended for use by an individual traveling away from an established camp on a daily basis. The fuel bottle is empty in the survival bag, and will need to be filled in the field; it cannot be flown full into the field by an LC-130. Otherwise all the contents are the same as in the Local One Person Survival Bag.

## **Two Person Survival Bag: Local**

(Supports 2 people for 3 days)

- 2 Each Sleeping Bags
- 2 Each Bivy Bags
- 2 Each Ensolite Pads, 24" x 48"
- 1 Each Mountain tent w/instructions & repair kit  
Tent stake bag contains:
  - 10 Each Tent stakes

6	Each	Ice screws
2	Each	Snow flukes
1	Each	Rock hammer
1	Each	Collapsible Snow Shovel
1	Each	First aid kit
2	Each	Bottle of white gas (650/975 ml)
1	Each	MSR stove w/repair kit & matches
1	Each	Cookset w/2 pots and 2 lids
2	Each	Plastic mug
2	Each	Spoon
1	Each	Pocket knife
1	Each	Signal mirror
1	Each	Survival manual
1	Each	Novelty item, book, or game
1	Each	Toilet paper roll
1	Each	Parachute cord (50')
1	Pair	Wool socks
1	Pair	Wool mitts/gloves
1	Each	Balaclava

#### Food

6	Each	Dehyd. Meals
3	Each	Big chocolate bar
12	Each	Tea bags
12	Each	Hot Chocolate
2	Pack	Mainstay food bars (18)

## **Two Person Survival Bag: Deep Field**

This survival bag is identical to the Local Two Person Survival Bag, except that fuel bottles are empty. Full

bottles cannot be flown on a LC-130. You must fill the fuel bottles when you arrive in the field. This Survival bag is intended for teams traversing away from a fixed field camp for the day.

## **Crevasse Rescue Bag**

- 4 Pickets: 2 long and 2 short
- 1 Pair Ascenders
- 4 8-mm Prussiks
- 1 Belay Plate
- 4 Carabiners
- 4 Locking Carabiners
- 4 Slings: 2 medium and 2 long
- 1 Ice Axe Spare
- 1 Hammer
- 6 Ice Screws
- 1 Come-a-long
- 1 Shovel
- 1 Snowsaw
- 1 11 mm (or larger) x 50 meter Static Rope
- 1 11 mm x 50 meter Climbing Rope
- 1 Crevasse Ladder (Optional)