

TRR Base First Aid Kit



Introduction

First Aid training and having the necessary gear on hand is a key requirement of the TRR Safety program. Towards that objective TRR provides a base First Aid Kit inventory that chapters can use to assess their kits and add additional items needed for their individual programs. All kits need to be stored in waterproof/crush resistant containers like a Pelican Box. There should be a minimum of two (2) kits for every ten (10) participants. Kits should be inspected annually (recommend December) for missing items and expired items like medications and restocked. Kits should have a tamper proof seal to make it easy to identify if opened. Re-inspect after each opening and reseal. Each opening should have an incident report filed.

Inventory Sheet

Last Accessed By (Name & Date):

Directions: Strike out any items used so they can be replaced.

Item	Qty	Expiration	Notes
<i>Container</i>			<i>Waterproof & Crush Resistant</i>
Pelican 1170 Case	1	N/A	Hard shell container, waterproof/submersible
20-gram Desiccant Pads	2	N/A	Keeps contents dry
<i>Protection</i>			<i>All in one bag, pack on top</i>
Nitrile Gloves - pair	4	Manual test	Non-latex
CPR Mask - Key Chain Variety	1	N/A	
Bio-Hazard Bag	2	N/A	
Hand Sanitizer - Small Bottle	1	N/A	Alternatively, wipes
<i>Wound Management</i>			
Band-Aid Assortment - Packet	1	N/A	
Knuckle Bandage	2	N/A	
Steri-Strip Pack	4	07/2020	Wound Closure
Butterfly Closure Strips	8	N/A	Wound Closure
Tincture of Benzoin - Capsule	4	12/2020	Makes dressings adhere well
Povidone-Iodine Prep Pad	4	04/2020	Antiseptic germicide wipe
Alcohol Prep Pad	4	02/2019	Wound Cleaning
Antiseptic Towel Wipe	4	05/2019	Hand Cleaning
Triple Antibiotic	4	05/2019	Prevents infection
Sterile Gauze Pads - 4" square	4	N/A	
Sterile Gauze Roll - 4"	1	N/A	
Surgical Sponge – 2" square	4	N/A	
Triangular Bandage	1	N/A	
Eye Pad	2	10/2021	
Mastisol	1	N/A	Wound Management/Sterile
Ace Wrap	1	N/A	
2" Vet Wrap Roll	1	N/A	Self adhering

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2" Silk Tape Roll	1	N/A	Hypo-allergenic tape which sticks to wet skin. shelf life is a couple of years
TegaDerm Patch Assortment	4	04/2019	Waterproof dressing, great stuff! Also part of the Band-Aid Refill Pack
Safety Pins	5	N/A	
SAM Splint	1	N/A	Store in Dry Bag
Quick Clot Sport (Combat Gauze)	1	4/2019	Hemostatic dressing
Instant Ice Compress	2	N/A	Great to have in the take-out vehicle
Second skin blister pads - Packet	2	07/2020	
Chapstick	1	N/A	
Sterile Eye Wash - Bottle	1	02/2019	Saline Contact Solution is an alternative. Store in Dry Bag.
<i>Tools</i>			
Trauma Sheers	1	N/A	I listed the 5.5" which fits in a kit box. Theres one with serated edges that can act as a backup to a rescue knife - Piranha Sheers
Tweezers	1	N/A	
Irrigation Syringe & Splash Shield	1	N/A	
Replacement Irrigation Tips	5	N/A	
1.5" Hypodermic Needle	1	N/A	They are 1" now
Single Edge Razor	1	N/A	Avoids potential legal issues with a Scalpel
Small Carabineers	2	N/A	
Pen	1	N/A	Can't be erased, cross through
Waterproof SOAP Notes	2	N/A	
Patient Assessment Chart	1	N/A	
Small First Aid Book	1	N/A	Might pack separately - water proof bag
Tick Twister	1	N/A	Optional
Instant Mini-Towel	3	N/A	Optional but handy
Tecnu Poison Ivy Skin Cleaner - Packet	1	N/A	
Tick Identification Chart	1	N/A	Optional but worth it
Medicaine Sting Swab	2	08/2020	Insect stings, pain relief
Digital Thermometer	1	N/A	

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Small Light	1	N/A	Optional - Lots of choices depending on where you plan to store
Space Blanket Bivvy	1	N/A	Optional - Store in Dry Bag, a really compact alternative - Space Blanket
Potable Aqua Tabs	1	N/A	Purifying water
Pair of hand warmers	1	07/2020	For a swimmer
NRS Mystery Hood	1	N/A	Optional - Store in Dry Bag. The Mystery Storm Hood is discontinued so I provided the link to the new Storm Hood
Small packet of Duct Tape	1	N/A	Not for wound dressing. Gorilla Tape is even better. Repack into a small packet.
Wooden Tongue Depressors	2	N/A	Optional
Q-Tips	12	N/A	Optional
Waterproof Matches - Box	1	N/A	Optional - Store in Dry Bag
<i>Medications</i>			<i>All in one aLOKSAK bag, pack on top. Each medication in a separate zip lock</i>
Aspirin - Packet	4	03/2020	Pain, fever, heart attack, anti-inflammatory
Acetaminophen - Packet	4	06/2020	Pain, fever
Calcium Carbonate	4	08/2020	Upset stomach (acid indigestion)
Bismuth - Packet	4	02/2020	Upset stomach, diarrhea
Diphenhydramine - Packet	4	02/2020	Allergic reaction, vomiting
Burn Gel - Packet	2	N/A	Burn relief
Electrolytes - Pedialyte - Packet	2	09/2019	Dehydration
Mustard Packet	4	N/A	Optional - Dehydration muscle cramps (McDonald's)
Oral Glucose - Honey Packet	4	N/A	Diabetic emergencies, Hypothermia (Starbucks)
Hydrocortisone - Packet	4	11/2019	Hives, rash, itching
Ibuprofen - Packet	4	02/2019	Pain, swelling, fever, anti-inflammatory
Loperamide - Packet	4	12/2019	Upset stomach, diarrhea
Naproxen - Packet (Aleve)	4	02/2019	Pain, swelling (Target Drug Store)
Pseudoephedrine - Packet	12	07/2018	Decongestant (Target Drug Store)
Sinus Decongestant	4	02/2019	Decongestant
Meclizine - Packet	4	01/2020	Optional - Motion sickness
Menthol Throat Lozenges	4	N/A	Sore Throats
Small bottle of Motrin (Ibuprofen)	1	02/2019	Heavily requested - Place on top (Target Drug Store)

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NOTE: [ALokSak water proof bags](#) These are waterproof down to 200' below, inexpensive, and exceptionally valuable for protecting items that can't get wet. Links are meant to show the item – not a vendor endorsement. Expiration dates need to be maintained, these are provided as an example.

Pictures



Exterior Dimensions 11.64 x 8.34 x 3.78-Inch



Optional items in separate dry bag. I usually combine with repair kit items.



Small 5 Liter dry bag, plenty of room



Very inexpensive waterproof bags rated to -200' – great for storing medications