

**Inter-Mountain Alpine Club (I-MAC)  
Recommended First Aid Kit for Trip Leaders**

<b>Item</b>	<b>Qty per kit</b>
Povidone-Iodine wipes (antiseptic)	2
Antibiotic Cream, 0.9 gm pk	2
Wound pad (sanitary napkin, indiv. wrap)	1
Steri strips, 1/8"x3", 5 strips/pkg	1 pkg
Bandaid-Med (or knuckle bandage)	2 each
Bandaid-Large (1x3 in)	5 each
Adhesive tape, 1/2"	1 roll
Gauze, 2x2 pad	2
Gauze, non-stick 3x4" (or gauze 4"x4")	1
Mole Skin Plus, 4"x3"	1
Anti-inflammatory pill (ibuprofen)	2 dose
Aspirin, 325 mg (blood thinner for chest pain)*	2 dose
Diphenylhydramine (antihistamine) pill	2 dose
Hydrocortisone topical cream, 0.9 gm pk	2 pkg
Gloves (non-latex, one size fits most)	1 pr
Bee sting treatment	2
Safety pin, size 3 (1.8")	2
ACE wrap, 4" and clips	1
CPR barrier, single-use	1
<b>ADD</b>	
Plastic bag for soiled items	1
Paper, pen, accident report forms	1
<b>OPTIONAL</b>	
Clotting Sponge 5"x5"	1
SAM splint, 36"x4" rolled	1
Syringe, 12cc (to irrigate with water) **	1
Tweezer, fine point (splinter, tick)	1
Scissors, small, first aid	1

\*Do not use if suspect internal bleed.

\*\*Or plastic bag with hole cut in corner