

IDAHO TRAILS ASSOCIATION

INDIVIDUAL FIRST AID KIT

The list shown below is for a personal, individual First Aid kit that should be carried on all your hikes. We suggest you carry antidiarrheal, antihistamine, antacid, and cold/flu OTC medications on backpack trips. Check with your doctor for recommendations on these and OTC pain medication (such as ibuprofen or acetaminophen) for your personal use. If you have any sensitivity to antibiotic wound gel, get a recommendation on that too.

Open and go through your personal First Aid kit before each hike to make sure everything is still in the kit and none of the items have reached their expiration date. In your personal kit, you should plainly mark any allergies you have, medications you must take, and emergency contact information. Put this information where a rescuer can easily see it, such as on the outside of your kit.

Print on pink paper, cut out, laminate, and carry this list of contents so everyone knows what is available in your personal kit. The total weight of the individual kit shown below, in a zip lock baggie and an outside nylon sack, is about 7 oz. For hikes with 2 or more participants, we have two versions of a "Group First Aid Kit" with more items that could be needed for serious injuries. Please always carry the "Ten Essentials", one of which is a good First Aid kit, plus any personal medications that they are required to take each day.

FIRST AID KIT

PERSONAL

- ✓ Accident report form (yellow paper) – 1
- ✓ Adhesive tape, waterproof, 1" – small roll
- ✓ Alcohol wipes - 2
- ✓ Antiseptic wipes, BZK – 2
- ✓ Aspirin, 325 mg, packet of 2 - 1
- ✓ Band-Aids, medium – 3
- ✓ Band Aids, large – 3
- ✓ Benzoin, tincture, crush via - 3
- ✓ Blister dressings, small – 2
- ✓ Blister dressings, medium – 3
- ✓ Blister dressings, large – 3
- ✓ Blood clotting dressing, "Quik Clot" - 1
- ✓ CPR Breathing barrier, disposable – 1
- ✓ Elastic bandage, Cling Wrap, 2" – small roll
- ✓ Hand sanitizer - vial or packet
- ✓ Gauze Pads, non-stick, 3"x4" – 2
- ✓ Gauze sponge, 4"x4" – 3
- ✓ Gloves, nitrile – 1 pair
- ✓ Nail clippers – 1
- ✓ Pain medication, OTC, your choice - 30
- ✓ Pen, waterproof – 1
- ✓ Vaseline, 5 gram tube - 1
- ✓ Wound closure strips – 6
- ✓ Wound gel (antibiotic), packets – 2

Revised 3/9/25 by Anne