



FIRST AID KIT CONTENTS

BASIC SEARCHER / TEAM LEAD

Version 1.1 Oct. 2019

REQUIRED FIRST AID KIT ITEMS

- PATIENT ASSESSMENT FORM
- Sharpie Marker
- MEDICAL FACE MASK (for patient/self)
- 2x: pairs Nitrile Gloves
- 2x: Triangle Bandages
- 2x: 5x9" ABD Pads (or 8x10")
- 2x: 3" or 4" Gauze Rolls
- 1x: 3" Tensor Bandage
- 1"x: Cloth Tape
- 2x: 4x4" Sterile Gauze Pads
- 2x: NON-STICK 3x4" Sterile Gauze
- Polysporin (or similar ointment)
- Assorted Band-Aids
- Moleskin / Blister Covers
- 4x: Antiseptic Wipes
- 1x: Emergency Silver Blanket
- EMT Shears (good quality)
- Safety Pin &/or Needle
- Tweezers

STRONGLY RECOMMENDED

- READY HEAT BLANKET (Torso)
- Silver Emergency Bivy (like SOL)
- C-A-T Tourniquet
- Aluminum Splint (like C-Splint or SAM)
- CPR Mask
- Dex4 Tabs (10/tube)
- 1x: 3" Coban (Vet Wrap)

OPTIONAL ITEMS (suggestions only)

Medications *(Personal use; list not exhaustive):*

- Benadryl (or similar)
- Aspirin (ASA) 81mg Chewable
- Ibuprofen / Acetaminophen
- Tums / Gravol / Immodium

NOTE: *If not in original packaging - should be labeled with dose & expiry date*

Blister and Wound Management

- Blister Band-aids (choice variety)
- SkinPrep Swabs (skin adhesive enhancer)
- Butterfly Bandages or Steri-Strips
- 20-30ml Syringe
- Q-Tips
- Nail Clippers &/or Cuticle Scissors
- Burn Gel Pads 4x4" &/or 2nd SKIN

Personal Comforts *(Not necessarily in Kit)*

- Visine (or similar product)
- Vaseline / Anti-Chafe Gel
- Electrolyte Tabs
- Chemical Hand Warmers
- ROBAX Lumbar Warmers
- After Bite or Calamine Lotion
- Hand Sanitizer / Hygiene Kit

Personal Additions List

- _____
- _____
- _____
- _____
- _____
- _____

Saskatoon Search and Rescue has provided this list as a reference for the volunteer searchers to use when preparing first aid kits for their personal packs. **Required Contents** allow all team members to reasonably assume that each teammate has a set standard of contents within their kits allowing for better planning in an emergency scenario. The other recommendations on this list are not exhaustive therefore each individual should account for their own personal needs, level of training, and budget when preparing their own kits. **It is each volunteer's responsibility to ensure that their kit is stocked and current for each mission and training exercise.**