

## First Aid & Wilderness First Aid Guide

*One person • High-risk environments (24–48 hrs)*

### 1. Trauma Gear (Intermediate + Basic)

- Tourniquet (CAT Gen 7 or SOFT-T Wide)
- Pressure bandage (Israeli or OLAES)
- Compressed gauze (wound packing)
- Chest seals (2-pack, vented)
- Trauma shears (7.5")
- Nitrile gloves (2–4 pairs)
- Emergency blanket (Mylar)
- Burn dressing (hydrogel or burn pad)
- Marker (TQ time)
- Small flashlight

### 2. General First Aid Gear

- Adhesive bandages (various sizes)
- Sterile gauze pads (4x4)
- Rolled gauze
- Medical tape
- Alcohol wipes
- Antiseptic wipes
- Tweezers
- Splinter probe

- Elastic bandage (ACE-style)
- Instant cold pack
- Finger splint
- Cotton swabs
- CPR face shield

### 3. Expanded OTC Medications (Basic, Safe, Useful for 24–48 hrs)

*Follow packaging instructions.*

- Pain relief: acetaminophen, ibuprofen
- Allergy: antihistamine (cetirizine or diphenhydramine)
- Stomach: antacid tablets
- Anti-diarrheal: loperamide
- Electrolytes: oral rehydration salts or electrolyte packets
- Cold/flu: basic decongestant
- Topicals: hydrocortisone cream, antibiotic ointment

### 4. Environmental & Wilderness Essentials

- Moleskin or blister pads
- Small saline bottle (eye flush, wound rinse)
- Tweezers + tick remover
- Hand sanitizer or soap sheets
- Water purification tablets
- Flat-packed duct tape

- Bandana or triangular bandage

### **5. Compact Packing Layout (Backpack-Friendly)**

- Red pouch: trauma items
- Blue pouch: first aid items
- Yellow pouch: meds + environmental items
- Waterproof inner bags for critical items
- Quick-access outer pocket: gloves, TQ, shears

### **6. DIY Kit Summary (Complete List)**

Tourniquet, pressure bandage, compressed gauze, chest seals, shears, gloves, emergency blanket, burn dressing, bandages, gauze pads, rolled gauze, tape, wipes, tweezers, splinter tool, cold pack, finger splint, CPR shield, saline, duct tape, moleskin, OTC meds, water purification tablets, flashlight, marker, bandana.

### **7. Recommended Mid-Range Ready-Made Kit**

#### **MyMedic “MyFAK Pro”**

- Balanced trauma + first aid
- Durable, backpack-friendly

- Add OTC meds + chest seals if not included

### **8. Quick Response Priorities**

1. Ensure scene safety
2. Stop major bleeding (TQ → pressure bandage → gauze)
3. Airway and breathing (recovery position, chest seals)
4. Treat burns (cool water → burn dressing)
5. Clean and cover minor injuries
6. Maintain hydration and use OTC meds as needed
7. Monitor for shock (keep warm, calm, reassess)

### **Addendum: Special Considerations (Not Included in Kit)**

**Blister Care:** toe socks, friction tape, foot powder  
**Snakebite:** compression bandage only; avoid cutting, suction, ice  
**Firearms Range:** extra chest seals, additional gauze, spare hearing protection  
**Cold Exposure:** chemical warmers, extra gloves and socks  
**Heat Exposure:** cooling towel, extra electrolytes